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BUSINESS BOOMING IN CABBAGETOWN, PG 28

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Super ratings for Super Bowl

TV The Super Bowl was watched by more than 106 million people in the U.S., surpassing the 1983 finale of M-A-S-H to become the most-watched program in television history.

The Nielsen Co. estimated yesterday that 106.5 million people watched the New Orleans Saints upset the Indianapolis Colts.

That beats the M-A-S-H finale, which had 105.97 million viewers in an era when there were fewer television sets.

Compelling story lines involving the city of New Orleans and its recovery from Hurricane Katrina and the quest for a second Super Bowl ring for Indianapolis quarterback Peyton Manning propelled the viewership.

The game also obliterated the previous record viewership for a Super Bowl — last year's game between Arizona and Pittsburgh, in which 98.7 million people watched.

THE ASSOCIATED PRESS

Leafs **Bitten by the Sharks**

DARREN CALABRESE/THE CANADIAN PRESS

Toronto's Phil Kessel, front, celebrates his second period goal against the San Jose Sharks last night as teammate Nazem Kadri skates in the background. Kadri, the Maple Leafs' first round pick in last June's entry, made his NHL debut last night as Toronto lost 3-2. More coverage, page 20.
Link to exclusive Leafs game report and highlights at the top of page 20.

Murder suspect has flown PM, Gov. Gen.

ARRESTED The officer charged in the deaths of two Ontario women was pilot to VIPs including the prime minister and Governor General before he was handed command of the country's largest air force base.

Col. Russell Williams, 46, of Tweed, Ont., was arrested Sunday in Ottawa. He was charged with first-degree murder in the deaths of two women and with the sexual assaults of two others.

Col. Russell Williams

Posted to 412 (Transport) Squadron in Ottawa in the 1990s, Williams flew one of four Canadian Forces Challenger jets in the "VIP transport role," says a brief biographical sketch posted on the Defence website.

That would have put him at the stick of the prime minister's and Governor General's planes during domestic and overseas trips.

"A keen photographer, fisherman and runner, Col. Williams and his wife Mary Elizabeth are also avid golfers," says the biography.

A 23-year veteran of the Canadian Forces, he is a former director-general of military careers, who oversaw assignments for transport pilots.

Last July, Williams was given command of Canadian Forces Base Trenton in eastern Ontario. Besides the base itself, Williams also commanded 8 Wing.

Trenton is the sprawling air base from which troops leave for Afghanistan and to which they return home when their tours end, sometimes in coffins.

Williams received a degree in economics and political science from the University of Toronto, and a master's in defence studies from Royal Military College. He's also a former flying instructor.

He spent two years commanding 437 (Transport) Squadron in Trenton, including six months in 2005-06 as commanding officer of the military's secretive Camp Mirage, a logistics base on the Arabian Gulf.

Williams was promoted to colonel early last year while on a six-month French-language training course in Gatineau, Que.

THE CANADIAN PRESS

'The police have failed us'

Murder, sexual assault charges levelled against CFB Trenton's top soldier

The Canadian military was rocked to its core yesterday following the bombshell allegation that the colonel in command of the country's largest air force base had killed two women and sexually assaulted two others.

Col. Russell Williams, a 46-year-old career member of the Canadian Forces, was charged yesterday with first-degree murder in the deaths of Jessica Lloyd, 27, of Belleville, and Marie France Comeau, a 38-year-old corporal with CFB Trenton's 437 squadron who was killed last November.

"We're all shocked," said Lt. Annie Morin, a public affairs officer at CFB Trenton.

"The wing commander has been a man that's been respected and very much liked, so this news came as a very big shock for pretty much everybody on the base."

Williams was an elite pilot, a "shining bright star" of the military who rose through the ranks during his 23-year career to fly the prime minister and Governor General across Canada and overseas in one of four Canadian Forces Challenger jets.

Marie Comeau

Jessica Lloyd

He is now also charged with sexual assault and forcible confinement in attacks on two other women in the region during home invasions last September.

Williams was appointed as the base commander of CFB Trenton last July.

Military brass yesterday expressed their condolences to the families of the victims and shock at who police had named as the suspect.

Allegations that a predator was in their midst left women in eastern Ontario deeply unsettled.

Katrina Chapple, 27, of Trenton, said as a result of a warning from police she recently had an alarm system installed.

But Terra Dafoe, Lloyd's friend since childhood, said police should have notified women sooner, as warnings came too late for her "good-hearted" friend.

She said women in the Belleville-area weren't aware there was a possible predator on the loose until after Lloyd disappeared.

"We sort of feel like the police have failed us," Dafoe said in an interview from her Toronto home.

THE CANADIAN PRESS

News on the Move

What's this barcode for?
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Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.
• Today — Controversy at Salt Lake Games leads to revised scoring system for figure skating, page 22

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Local

Ad campaign to address tax changes

The Ontario government will be launching a $1.6-million ad campaign on Thursday in a bid to provide more information about tax harmonization. Revenue Minister John Wilkinson, left, says the print ads will direct readers to a government website on the province's tax reforms, which include the controversial HST. He says the website, which has already racked up more than 400,000 visitors, will help residents find out how the tax changes will affect them and their businesses. THE CANADIAN PRESS

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Tomorrow's Metro

West View
Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

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TTC employees strike back

Some workers reportedly engaging in work-to-rule campaign

Some Toronto transit workers are reportedly waging a work-to-rule campaign after a warning from management about public relations.

Union president Bob Kinnear told Citytv the move isn't sanctioned by the union and appears to be the work of certain individuals only.

But Kinnear added he understands why employees are frustrated after being under a microscope for the better part of a month.

Videos recently surfaced showing one employee sleeping in his subway ticket booth and another of a bus driver allegedly taking an unscheduled coffee break on his late-night route.

On Saturday, TTC general manager Gary Webster warned employees to accept more responsibility in making the system work properly.

That prompted some TTC employees to set up a Facebook site highlighting bad behaviours by passengers. There was also a reminder about work-to-rule action yesterday, but the page has since been made private.

"The culture of complacency and malaise that has seeped into our organization will end," TTC general manager Gary Webster said in the statement to staff.

"Reviews and plans are underway to address systemic issues regarding customer service, but real change starts with you."

Kinnear told Citytv the email failed to acknowledge problems among TTC management.

"When employees aren't acting or conducting themselves in the way they should in the workplace, management has a responsibility to ensure that that is happening. Obviously management has not been doing a very good job."

THE CANADIAN PRESS

Tensions may deter future transit plans: Observer

DISPUTE The battle for better transit has deteriorated into a war of words between the TTC's 1.5-million daily riders and its front-line workers.

With tensions showing no signs of cooling, the negativity surrounding the TTC is so fierce, some fear it could dampen plans to expand the system and inhibit its ability to attract funding in the future.

"It would be a terrible outcome of this current dynamic if the result was investment in transit was once again put off for future years. I worry this feeding frenzy on the TTC will end up lessening the pressure on politicians at all levels to seriously find resources on transit," said John Cartwright, president of the Toronto and York Region Labour Council.

RENE JOHNSTON/TORSTAR NEWS SERVICE

The TTC may lose out on future investment due to the dispute between its workers and customers, fears one outside authority.

He's among those who think the current crisis is about more than union bashing and social media run amok.

An unstable economy that has left many out of work and a charged mayoral race are contributing to a pervasive "gotcha culture," say outside observers like Cartwright.

"I don't think this thing would be fuelled quite as much as it is if (TTC chair) Adam Giambrone wasn't running for mayor," he said.

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Pickering nuke plant to get 'tune-up', close in a decade

Pickering's nuclear power plant would get a "tune-up" and close in a decade while the 20-year-old Darlington nuclear operation is slated for a full refurbishment, extending its lifespan to around 2050 under a proposal now being finalized, the Toronto Star has learned. TORSTAR NEWS SERVICE

Libs defend Nortel call

McGuinty says they aren't trying to buy Ottawa byelection

It's up to voters to decide whether the Ontario Liberals are trying to buy votes in an upcoming Ottawa byelection by providing an estimated $200 million to help Nortel pensioners or just doing the right thing, Premier Dalton McGuinty said yesterday.

"I have a tremendous amount of confidence in voters to draw whatever conclusions they feel are fair and to make their decisions accordingly," he said.

His government has an "obligation" to Nortel workers who put so many years into the now insolvent company and are worried that they'll lose their retirement income because its pension plan is underfunded, McGuinty added.

The move comes just a week after a March 4 byelection was called in the riding of Ottawa West-Nepean — where many of the pensioners live — and just a few days after the party's star candidate Bob Chiarelli urged the government to help Nortel retirees.

Last week on the eve of a Toronto byelection, the government also promised an estimated $15 million to keep a threatened hospital from closing in the downtown riding. The Liberals ended up hanging onto the seat.

Opposition critics accused McGuinty of trying to buy another byelection on the backs of seniors, but the premier brushed off suggestions that his timing was suspicious.

RICK MADONIK/TORSTAR NEWS SERVICE

Premier Dalton McGuinty says he is not trying to buy votes in an Ottawa byelection by providing help to Nortel pensioners.

"(The pensioners) have been asking us for an answer for a long time," said McGuinty. "Some have suggested that we should keep this a question mark until after the byelection. I think that would be unfair. I think people are entitled to know where we stand on this issue."

If McGuinty really wanted to help those pensioners "out of the goodness of his heart," he would have done so eight months ago when they asked for help, not when they're about to head to the polls, said Progressive Conservative Lisa McLeod.

"He played the worst kind of politics with people's lives," she said.

"He strung seniors along for months who were worried about their future, all so he could give Bob Chiarelli a nice media hit in the middle of an election campaign. He put the 'buy' in byelection."

But the government would have been on the hook for a much larger amount of money if it had jumped in to help Nortel pensioners a year ago, said Finance Minister Dwight Duncan.

The valuation of Nortel's pension plan has changed "dramatically" over the past year, he said.

"Quite a bit has changed, and we took this step as a result of a variety of those factors," he said.

"We laid the groundwork for taking this step more than a year ago."

It's not yet clear how much the move will cost the province, which is already grappling with an unprecedented $25-billion deficit this year alone. But a loan of about $100 million to $200 million will likely be required, Duncan said.

That will ensure that there's enough money available under the Pension Benefits Guarantee Fund to help Nortel once it emerged from bankruptcy protection, he said.

The fund provides Ontario's pensioners with up to $1,000 a month in the event a pension plan fails to provide its full benefit, or any at all. It is funded by corporate contributions, and the government has no legal obligation to top it up. TORSTAR NEWS SERVICE

Police seek 'friends' in grow-op shooting

CRIME Homicide detectives are looking for "new friends" of a Toronto man found shot dead outside a Jane Street home used as a marijuana grow operation.

Police found Glenn Lowe, 30, outside a two-storey brick home a block north of Trethewey Drive after several residents called 911 when they heard two gunshots about 11:15 p.m. Sunday.

"I heard two pops and we thought it was a balloon," said resident Sally Dsingh.

Her family and neighbours realized it was serious when police cordoned off the scene and part of Dsingh's street off Jane Street, as they canvassed nearby homes in an area that has had more than its share of gun violence in the past.

6 Glenn Lowe is Toronto's sixth homicide victim this year.

"There's so much trouble in the area that it's not even funny," said one of Dsingh's daughters. "We've been here too long and we just want to sell the house and leave the area."

Forensic officers removed an aluminum porch door from the home outside which Lowe was found.

Det. Sgt. Dan Sheppard of the homicide squad confirmed yesterday the home was used as a grow op, but it was yet to be determined how large it was.

Sheppard said Lowe had a connection to the house, but did not live there.

TORSTAR NEWS SERVICE

Housing market rebounding

ECONOMY It's still a seller's market for homeowners, but economists say it's not a real estate "bubble."

Canada's housing market is on the rebound after a decline in 2009 with resales expected to set a new annual record this year and home building is off to a strong start, according to two reports yesterday.

There isn't a bubble because of a lack of speculation in the real estate market, said Scotiabank senior economist Adrienne Warren. Prices are being driven by more buyers than sellers, not unexpected with a tight supply, she added.

THE CANADIAN PRESS

News in brief

CREBA Wiretap, DNA and other evidence strongly implicates two young men in the shooting of Jane Creba on Boxing Day 2005, a prosecutor says. Louis Raphael Woodcock and Tyshaun Barnett, both 22, stood yesterday and pleaded not guilty to second-degree murder in Creba's death and to aggravated assault and attempted murder in the wounding of four other people. TORSTAR NEWS SERVICE

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The latest update on the sticking accelerator pedal recall:

- All Dealers have received repair parts and Toyota trained technicians have begun to modify affected vehicles.
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For the latest information, please visit our updated website at toyota.ca, contact your Dealer, or our Customer Interaction Centre at 1-888-TOYOTA-8 (1-888-869-6828).

TOYOTA

Cabbie charged with sexual assault

A Toronto cab driver is facing one charge of sexual assault after police say a physically-disabled passenger was assaulted Thursday afteroon. Zubeir Salam, 34, of Toronto, is facing one charge of sexual assault. TORSTAR NEWS SERVICE

Ryerson hailed for taking steps to discourage racism

EDUCATION Ryerson University's first black student council president said he's proud the school has acted swiftly to create a senior equity watchdog for diversity and start studying how to take a demographic snapshot of staff and students, as called for by a campus task force on racism.

Students, staff and professors joined yesterday to hail Ryerson president Sheldon Levy's quick response to calls by Ryerson's year-long Task force on Anti-racism for measures to ensure people of all backgrounds feel equally included on the diverse downtown campus.

TORSTAR NEWS SERVICE

Timmys to roast its own coffee near the Hammer

New plant boosts internal coffee production to 75%

Tim Hortons started construction of a new bean roasting facility in Ancaster, near Hamilton, in April 2009.

It's unknown if the $30-million, 74,000-square-foot Ancaster plant is fully operational.

Tim Hortons owns another coffee roasting plant in Rochester, N.Y., and together, the two coffee roasting plants will give the coffee and doughnut company the capacity to produce 75 per cent of its own coffee, officials said last April.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Customers at Tim Horton's on Yonge and College streets.

The plant is an effort to improve quality control and "to raise the bar higher," Don Schroeder, president and CEO of Tim Hortons told The Hamilton Spectator.

"Bottom line is every cup must taste the same in every store every day. That's a significant challenge," Schroeder said.

The Ancaster facility is also supposed to have two laboratories (one is called the cupping room) for research and development.

TORSTAR NEWS SERVICE

MAN BANNED FROM TIMS, PG 9

ShareYourViews
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School board to consider public censure for trustee

EDUCATION Toronto's school board will simply recommend a censure for outspoken Trustee Josh Matlow after he stood his ground and refused to apologize for criticizing a decision to spend $345,000 on a one-day conference at the Air Canada Centre.

The end to the standoff came just after yesterday's 4 p.m. deadline that board Chair Bruce Davis had set for Matlow to retract his statements and say he's sorry.

In a blistering letter, Davis said the Sept. 1 professional development day for teachers "will be remarkable" and at $28 per delegate is "good value for the money."

"When you are trying to lead institution change the way that we have asked (director) Chris Spence to bring about, we have to try new ways to doing things," said Davis. "We will endeavour to look at the costs associated with that event, and will look at greener ways of doing the conference, but the conference will proceed and I think it will be remarkable."

In Davis' 2½ page letter, he is highly critical of Matlow, his voting on issues and said he "did not mean to create a frenzy over this matter, neither did I set out to create a martyr."

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EMERGENCY – CHILDREN IN CRISIS

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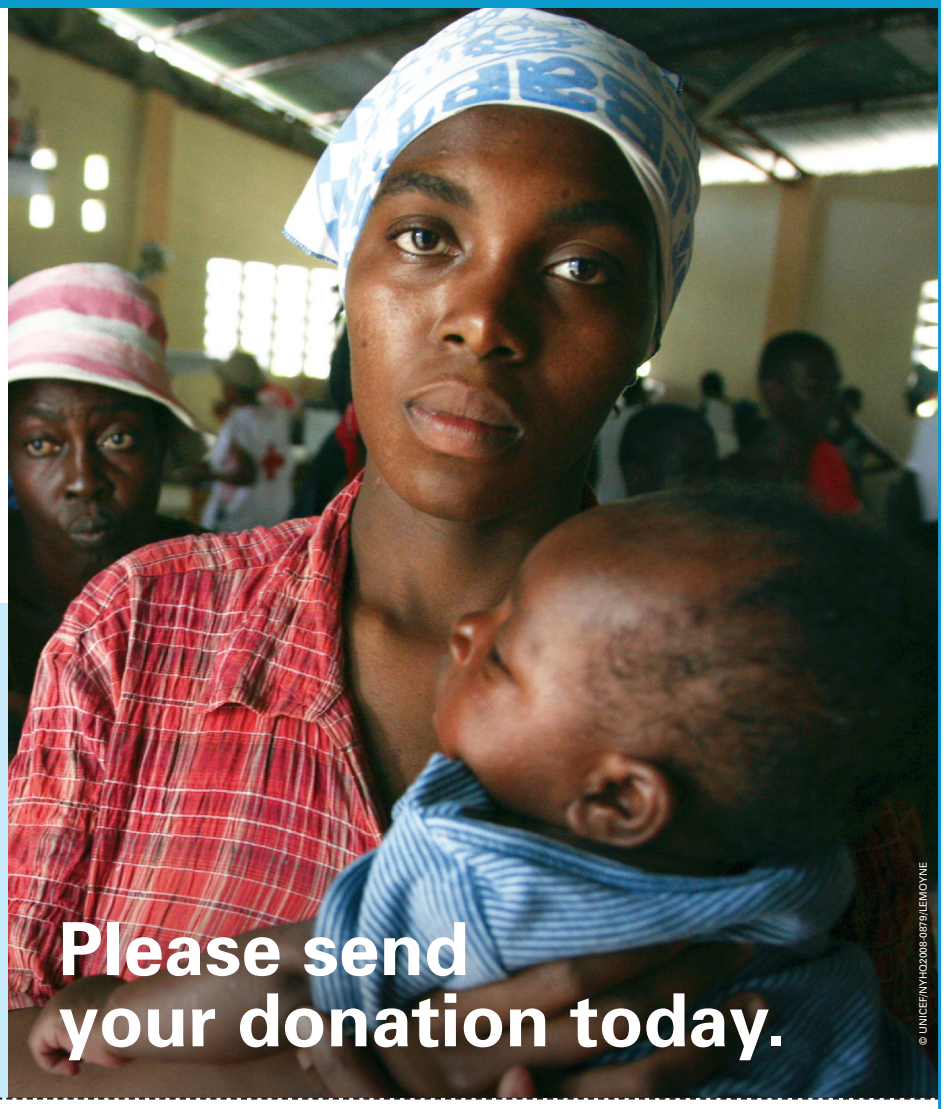

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B.C. health-care workers settle contract

The B.C. government has reached a tentative contract with unions representing more than 47,000 health-care workers. The two-year agreement contains no overall wage increases because the recession has left the government with a $2.8-billion deficit. THE CANADIAN PRESS

Canada

University funding canned

The federal government has pulled its $7.3 million funding from Regina-based First Nations University of Canada, which has been facing concerns over finances and governance. Federal Indian Affairs Minister Chuck Strahl says there have been too many delays by the institution and the "situation can no longer continue."

THE CANADIAN PRESS

Canadians urged to have a heart

Supporters say plan could save billions

A national plan to promote healthier living and reduce heart disease and strokes could save the country $76 billion between now and 2020 — if it meets just some of its targets — a new report says.

The Conference Board of Canada analysed the potential savings of a heart health plan put together last year by a coalition of groups, including the Heart and Stroke Foundation of Canada.

The strategy promotes healthier living — less smoking, more exercise, better diet — to reduce some of the underlying causes of stroke and heart disease, including obesity and diabetes.

Supporters of the plan hope the March 4 federal budget will include financing to make it a reality.

Louis Theriault, author of the report, said the strategy could prevent tens of thousands of heart attacks and other dangerous conditions. "The cost burden of these diseases will decrease substantially, leading to cost savings for the health system, governments and the Canadian economy," he said.

Dr. Charles Kerr, president of the Canadian Cardiovascular Society, said the benefits go far beyond saving money. "We must achieve these targets not only for financial reasons, but to maintain the quality of life of Canadians."

THE CANADIAN PRESS

Heart disease

$20.9B Total annual cost of cardiovascular diseases in 2005.

$28.3B Forecast total annual cost of cardiovascular diseases in 2020.

Autograph **Delighted**

THE CANADIAN PRESS/LARRY MACDOUGAL

Canadian astronaut Robert Thirsk, right, laughs as Rhys Dunnill-Jones, age 8, makes a face during an autograph session in Calgary yesterday. Thirsk was in the city to officially receive an honourary degree at the University of Calgary.

Most want Senate reform: Poll

GOVERNMENT A new poll suggests Canadians would much rather reform the Senate than abolish it. The CP Harris-Decima survey shows 59 per cent of respondents believed senators should be elected. Only 27 per cent thought the Senate should be abolished and 10 per cent wanted it to remain as is.

THE CANADIAN PRESS

Make 'one big push' for last-minute donations: Minister

Haiti Crisis

FUNDS Canadians have donated $113 million for Haitian earthquake relief — but International Co-operation Minister Bev Oda urged donors yesterday to "make that one final effort, one big push" and contribute before the deadline on Friday for the federal government to match donations dollar-for-dollar. THE CANADIAN PRESS

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ScanLife

A Public Works freedom-of-information controversy earns cabinet ministers a stern warning from the prime minister. Scan this code for the story.

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Nova Scotia politician in hot water
Richard Hurlburt, a Conservative member of the Nova Scotia legislature who spent nearly $8,000 on a generator, also charged taxpayers over $3,000 for the purchase and installation of a television, according to the province's auditor general. THE CANADIAN PRESS

Java battle brewing

Tim Hortons outlets ban N.B. paramedic

A tempest in a Tim Hortons decaf cup is brewing in New Brunswick.

A man says he's banned from two Tim Hortons outlets in the province because of his complaints about the decaf. But the company says it made the decision after he became aggressive with staff.

Jimmy Craig, a paramedic, says he voiced his displeasure on several occasions over the last two years about "burnt" decaffeinated coffee at a Tim Hortons in St. Andrews. Craig says that has earned him a lifetime ban from that outlet and another one in nearby St. Stephen.

In a statement, company spokesman David Morelli says no matter what staff at the St. Andrews store did to address Craig's complaints, he became increasingly aggressive, making it difficult for them to serve other customers.

But Craig claims he was always polite and never became aggressive.

He also says he wants the ban lifted, but adds that from now on, he'll be making his coffee at home.

THE CANADIAN PRESS

Vancouver **Anti-Olympic protest**

DARRYL DYCK/THE CANADIAN PRESS

A security guard watches as reporters talk to anti-Olympic activists and their mascot, Squatchi — a take-off on the official Olympic mascot Quatchi — in Vancouver yesterday. The group is planning a protest when the Olympic flame reaches the site of the opening ceremonies for the Vancouver Winter Olympics on Feb. 12.

Nun forgives murderer

HEARING Minutes after a court found Martin Rondeau not criminally responsible for beating an elderly nun to death at a halfway house where he lived, the nun's superior delivered her own judgment: Forgiveness.

"We forgave him right away because he is a human being," Sister Superior Pauline Massicotte said outside the courtroom yesterday. During the brief, subdued hearing, Quebec Superior Court Justice Guy Cournoyer concluded Rondeau was suffering from mental health problems caused by an epileptic fit at the time Sister Estelle Lauzon was killed.

While epilepsy is not considered a mental illness in the medical sense, it qualifies in this case under the law. Cournoyer will decide today whether Rondeau will be confined for psychiatric care, or if he will be given conditional release.

THE ASSOCIATED PRESS

New rules for political aides

OTTAWA The Prime Minister's Office says political aides should not interfere with decisions public servants make when deciding what documents to release. Spokesman Dimitri Soudas would not comment on a case in which a top political aide to the Public Works minister overruled bureaucrats and forbid the release of a sensitive report to The Canadian Press. THE CANADIAN PRESS

Commercial touts U.S.-Canada ties

OLYMPICS A 30-second commercial lauding the close ties between Canada and the U.S. will air on Washington's NBC affiliate dozens of times during the Vancouver Winter Games.

The organization behind the ad, the Canadian American Business Council, says it marks the first time such a commercial has aired during such an important and avidly watched event.

The spot, aimed at American policymakers, airs during a crucial period in Canada-U.S. relations. One of its primary goals is to let American viewers know that Canada and the U.S. share the world's largest trading partnership — one that supports millions of jobs in both countries.

THE CANADIAN PRESS

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Deadly bus crash in China
A bus collided with an SUV yesterday and plunged down a mountain ravine in southern China, killing seven people and injuring 50, state media reported. THE ASSOCIATED PRESS

World

U.S. to set up new climate agency

U.S. President Barack Obama's administration is forming a new agency to study and report on the changing climate. Climate change has drawn widespread concern in recent years as temperatures around the world rise, threatening to harm crops, spread disease, increase sea levels, change storm and drought patterns and cause polar melting. THE ASSOCIATED PRESS

Tainted milk still on shelves

The discovery has punched a 170-ton hole in China's promises to overhaul its food safety system. Officials say they've found yet another case where large amounts of tainted milk powder from the country's 2008 scandal that should have been destroyed were instead repackaged.

China ordered tens of thousands of milk products laced with an industrial chemical burned or buried after more than 300,000 children were sickened and at least six died from the contamination. But, crucially, the government did not carry out the eradication itself, and this month an emergency crackdown has made it clear that tons of compromised products are still on the market.

Tainted dairy has recently been found in China's largest city, Shanghai, and five other provinces. At least five companies are suspected of reselling tainted products that should have been destroyed, the Health Ministry said last week.

Officials issued a recall for more than 170 tons of milk powder tainted by the industrial chemical melamine and closed two dairy companies, the China Daily newspaper reported.

The report said officials have already seized 72 tons of the powder, but were still looking for the rest.

THE ASSOCIATED PRESS

Dubai **Burj Khalifa closes indefinitely**

KAMRAN JEBREILI/THE ASSOCIATED PRESS

The world's tallest skyscraper has unexpectedly closed to the public a month after its lavish opening, disappointing tourists headed for the observation deck and casting doubt over plans to welcome its first permanent occupants in the coming weeks. Electrical problems are at least partly to blame for the closure of the Burj Khalifa's viewing platform – the only part of the tower open yet.

News in brief

INDIA A massive avalanche plowed into an Indian army training centre at a ski resort in Kashmir yesterday, killing 17 soldiers and critically injuring 17 others. Fifty-three troops were rescued after the speeding mass of snow and ice struck the centre high on a Himalayan slope, police said.

AUSTRIA Iran pressed ahead yesterday with plans that will increase its ability to make nuclear weapons as it formally informed the UN nuclear agency of its intention to enrich uranium to higher levels. Iran maintains its nuclear activities are peaceful. THE ASSOCIATED PRESS

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SCANLIFE

Could former top Bush officials be the next to face questioning by a U.K. probe into the invasion of Iraq? Scan this code for the story.

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EU to discuss Haiti among other issues
The European Union's president says a Thursday summit of EU leaders will discuss funding for Haiti's reconstruction. THE ASSOCIATED PRESS

A U.S. soldier helps an earthquake survivor carry rice yesterday in Port-au-Prince.

Vaccination campaign starts

Aid groups say they are launching an emergency vaccination campaign for 140,000 people in Haiti to protect them against measles and other diseases.

Haiti Crisis

The campaign is being conducted by the international Red Cross federation, the World Health Organization, UNICEF and the Haitian Health Ministry.

A Red Cross statement says the campaign will focus on the capital Port-au-Prince because the disease risk to earthquake victims there is greatest.

The federation said it expected to vaccinate about 1,800 people yesterday at a camp on the old airport runway and then move on to hundreds of other camps over the next two weeks.

Vaccinations will also be against diphtheria and tetanus. THE ASSOCIATED PRESS

News in brief

CONNECTICUT U.S. authorities say a Canadian man from Hamilton is among five people killed in an explosion at a power plant under construction Connecticut. The powerful explosion blew apart large swaths of the Kleen Energy plant on Sunday. THE ASSOCIATED PRESS

Lack of evidence derails trial against Sudanese rebel leader

The International Criminal Court has dismissed the case against a Sudanese rebel leader, ruling that prosecutors had failed to provide sufficient evidence. THE ASSOCIATED PRESS

world 13

Endeavour **Morning commute**

JOHN RAOUX/THE ASSOCIATED PRESS

Space Shuttle Endeavour lifts off from the Kennedy Space Center at Cape Canaveral, Fla. yesterday. It will deliver a large room with a cupola to the International Space Station.

Presidential rival held

Sri Lanka's defeated presidential candidate was hauled from his office by military police yesterday and will be court-martialed for allegedly planning to overthrow the government while serving as the head of the army.

Sarath Fonseka, who as the top general helped defeat the Tamil Tiger rebels, was forcibly detained after objecting to his arrest, opposition politician Rauff Hakeem told The Associated Press.

Fonseka and President Mahinda Rajapaksa were once strong allies who combined to end the country's 25-year civil war last May. But they subsequently fell out, and Fonseka quit his post.

They contested a bitter election last month for the presidency that saw Rajapaksa win.

Officials have repeatedly accused Fonseka of plotting to kill Rajapaksa and overthrow the government with the help of army deserters and former military officers since the election.

Fonseka has publicly called the allegations fabricated and has vowed to push on with his political career.

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Comment

America's crisis is our crisis

NationalReport

Before everyone gets down on Barack Obama, it should be remembered that it was George W. Bush who gave the country two wars, a staggering deficit and debt, no health care or environmental plan, a disparaged worldwide reputation and an economy on the verge of collapse.

Given the inherited conditions, no president, no matter how skilled or brilliant, could have righted the American ship in the space of a year. Nor will it be set right for years to come. The deficit is an inconceivable $1.6-trillion. Unemployment will remain high. His health care plan is in trouble. Troops will return from Iraq, but roll into Afghanistan. The defence budget will remain at an insane level of almost a trillion a year. The Republican right, with its lynch-gang mentality, will block progressive change. The country will continue to lose ground to China.

The outlook is the worst America has had in memory. The era of Vietnam, Watergate, race riots and stagflation was destructive, but the American engine was far more dominant then, less indebted, facing less competition. There is today the added threat of terrorism. It's been almost nine years since 9-11 and there have been no terrorist hits on American soil. But the paranoia remains. All it would take for the country to go into lockdown would be one small terrorist strike.

In Canada we look on somewhat blithely, not realizing America's crisis is our crisis. Our economy is doing better than theirs, but with 75 per cent of our trade dependent on the U.S. market, the old rule still applies — as America goes, so goes the great white north. We have done nowhere near enough to develop alternative markets. With the hollowing-out phenomenon, most of our national champions have been sold off. Our productivity is embarrassingly low. We are overly dependent on a natural resource economy with all its fluctuations.

Successive minority governments in Ottawa have had the effect of stifling the debate, turning everything into political theatre, the result being there has been no long-range planning.

The Conservative government deserves some credit for recently reaching an agreement that will prevent Buy-American laws from impacting Canada heavily. But there is next to no debate among any of the parties on the decline of the United States and what the corresponding Canadian strategy, across a wide range of areas, should be.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

What's best for Haiti's kids hard to determine

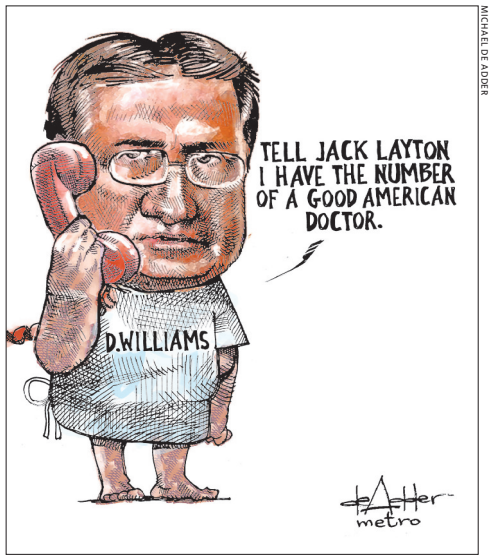
InStep

Determining the best interest of the child is a daunting task in our own culture, let alone Haiti. The catastrophic quake has rendered hundreds-of-thousands of children orphaned. With the international community and the Haitian government trying to put the pieces together, the overlapping convergence of corruption, the black market threat and well-meaning, overzealous efforts leaves these children in a precarious clutch.

According to the global Corruptions Perceptions Index and the International Red Cross, the Haitian government ranks among the world's most corrupt with its citizens living under harsh, grinding poverty. Yet the government is guardian over the well-being of vulnerable children following the devastating quake. The Haitian government recently demonstrated its heavy-handedness with members of an American Baptist church on an eager rescue mission, without government authorization. These less than sagacious members were apprehended and arrested for allegedly kidnapping Haitian children. With government collaborated adoptions, no one knows how much money goes into its coffers and whether the motive is really in the children's interest or to market them off to wealthier families abroad.

Haitians have always known the scourge of poverty and government corruption. Struck by the catastrophic quake, they are now vulnerable and desperately needy of international support, but to suggest that Haitians, in turn, be stripped of their personal rights to dignity and self determination is ethically immoral. Many families may eventually opt for the adoption choice, but it should be theirs. The purest form of giving is with patience, compassion and sensitivity.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



MICHAEL DE ADDER

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Hillcrest Shopping Centre
11005 Yonge St.
9301 Bathurst St.

Thornhill
Promenade Mall
7171 Yonge St. (Galleria)
7378 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 10019 Keele St.
2 - 160 Cidermill Ave.
4000 Hwy. 7

Woodbridge
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CAW wants plant closing investigated

The CAW is calling on the federal and Ontario governments to investigate Xstrata PLC's reasons for closing its site in Timmins, Ont. The mining giant said last December that it plans to close its copper and zinc operations in the northern Ontario city in May. THE CANADIAN PRESS

Business

DOLLAR	N.GAS	OIL	TSX
US 93.07¢	US $5.40	US $71.89	11,115.30
US 0.39¢	US 11.4¢	US 70¢	107.82

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Real Estate services could get cheaper

Group seeks to have MLS rules changed

Homebuyers and sellers could see a significant decrease in transaction fees if Canada's Competition Bureau wins a challenge to the Canadian Real Estate Association's all-or-nothing pricing structure, according to a bureau spokesman.

The Competition Bureau has been discussing the matter with the association since 2007 after receiving several complaints, but the CREA has not been willing to make changes to its practices, said the spokesman, who asked not to be identified by name.

Yesterday, the bureau filed an application with the Competition Tribunal seeking to strike down the CREA's specific rules on the use of its Multiple Listing Service.

Among other things, the bureau alleges that the CREA's rules limit choices for consumers and forces them to pay for services they don't want, while also stifling innovation in the market for residential real estate services.

For example, agents are forbidden from offering consumers the option of simply paying a fee to list a home on MLS, it says.

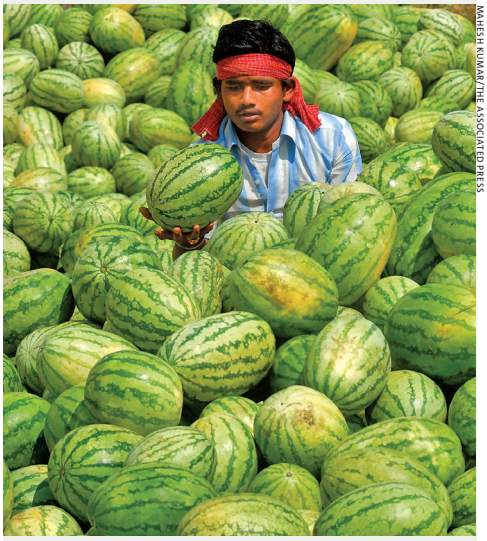
Under current rules, real estate agents must handle all details of the transaction, although there are some services that consumers might wish to do on their own, such as booking interviews to view the property or making an offer.

THE CANADIAN PRESS

Lower prices?

- A spokesman with Canada's Competition Bureau said that in the United States, where many such restrictive rules have been lifted, fee prices had dropped significantly and now range from $99 US to $500 US, much lower than in Canada.

India Economy growing by 7.2%



MAHESH KUMAR/THE ASSOCIATED PRESS

A worker arranges watermelons at a wholesale fruit market in Hyderabad, India, yesterday. India's economic growth will likely hit 7.2 per cent for the fiscal year, the government said.

Business in brief

METRO Chinese train company Zhuzhou Electric Locomotive expects to create up to 1,000 new jobs in Montreal if it beats a Bombardier-Alstom consortium bid to build new subway cars for Montreal's Metro system. The company said yesterday it would assemble the subway cars in a Montreal-area plant to respect the requirement that 60 per cent of the content be Canadian.

TELUS Technology firm Wi-Lan Inc. says it has signed a letter of intent to settle a lawsuit filed by Telus Communications Inc., which claimed ownership interests in several patents.

THE CANADIAN PRESS

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SCANLIFE

With it's fiscal house in shambles, Greece faces years of pain and sacrifice, with or without an EU bailout. Scan this code for the story.

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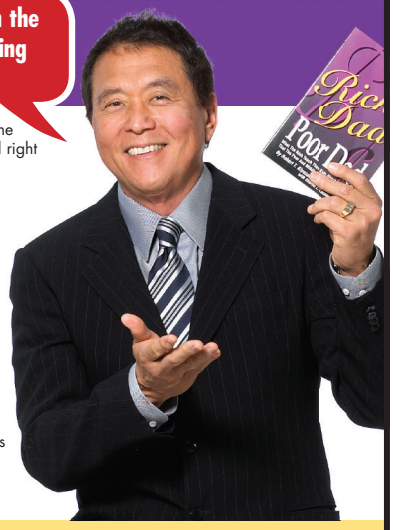

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Danby acquires maker of MicroFridge products
Guelph-based Danby Products says it has purchased Intirion Corp., manufacturer of the MicroFridge brand of combination appliances. THE CANADIAN PRESS

Prius recall expected

Toyota plans to recall about 300,000 Prius hybrids worldwide over a brake problem and will notify the U.S. and Japanese governments today, a news report said.

The recall of the gas-electric Prius will cover cars that went on sale since May last year through January, Kyodo news agency reported late yesterday.

Kyodo, which did not identify its sources for the information, said the automaker will notify authorities in Japan and the U.S. of its plan, which will cover more than 270,000 of the hybrids sold in the two countries.

Toyota spokeswoman Ririko Takeuchi said no decision on a Prius recall has been made. Kenji Sugai, an official in Japan's Transport Ministry section in charge of recalls, said it had not been informed of any such plan by Toyota.

KOJI SASAHARA/THE ASSOCIATED PRESS

A woman walks by a Toyota Motor Corp. dealership in Tokyo, Japan, yesterday. The Toyota Prius model has recently come under fire for having faulty brakes.

The Kyodo report follows others in Japanese media recently that the world's largest automaker has decided to announce a recall early this week. The company has only said it will soon announce plans to deal with the braking problem.

At least 100 drivers of Prius cars in the U.S. have complained to the government that their antilock brakes seemed to fail momentarily while driving on bumpy roads. The Japanese government has also received dozens of complaints. Toyota plans to fix a software glitch to correct the problem. The government says the problem is suspected in four crashes that caused two minor injuries. Toyota says the brakes will work if the driver keeps pushing the pedal. THE ASSOCIATED PRESS

Business in brief

INVESTMENTS CIBC World Markets says Canadian investors will likely return to RRSPs this year after fleeing from the retirement investment vehicles when economic conditions worsened. A CIBC report suggests that both female and younger investors will lead the way as significant contributors, though the report doesn't provide any specific growth targets.
Last year, the number of Canadians who made contributions to RRSPs fell by 1.8 per cent, the report said.
THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Hard-hit sectors present buying opportunities

Investing

Allan Small

metronews.ca/investing

Debt fears in places like Greece, Portugal and Spain are scaring markets in North America as well as Asia and South America.

The financial markets today are so intertwined that one nation's problems can be someone else's headache. As with any event, investors need to assess whether the risk is truly a big issue, or if it is something that will be ironed out soon. It is my opinion that the debt issues with countries such as Greece that make up such a small part of global GDP are overblown. If I am correct and this is just a pause on the way to higher markets in the future, where are the bargains right now?

I believe investors should be looking at the sectors in the market that have been hit the hardest by this latest retreat.

The commodities and oil sectors have been hit hard and present some great buying opportunities. Financial companies have fallen enough that their dividend yields in some cases are now above five per cent once again. The technology sector continues to turn out great earnings as well. Good quality companies in these sectors should outperform going forward and investors who have the ability to take advantage of it will be rewarded.

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

Borrow for RRSP?

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

Two and a half weeks left! Yikes. The RRSP needs feeding and the cupboards are bare. What to do? If you have good credit, equity in your home and\or reasonable non-mortgage debt compared to your income, an RRSP loan is a no-brainer. Maybe, maybe not.

My response to the value of RRSP loans is always the same; on paper they can make financial sense, but in reality I rarely see any true benefits. In pursuit of avoiding income tax, people invariably fail to look at the full picture, i.e. what lurks beyond the refund.

If you can satisfy the following four ifs then I will grudgingly agree that an RRSP loan could put you ahead.

ALISON'S MONEY RULE
Borrowing to contribute to your RRSP can pay off, but there are four ifs you need to satisfy first.

1 If you're going to pay income tax. A surprising number of those with little or no taxable income, but equity in their home and good credit, borrow to contribute. No question, the higher your tax rate the more the strategy is appealing, but don't forget, unlike other investment loans, you can't deduct the interest levied on the borrowed amount.

2 If you don't have other non-mortgage debt. It makes little sense to take out an RRSP loan with loan balances outstanding, especially on bank or retail credit cards with interest between eight and 30 per cent.

3 If you're disciplined enough to take the whole tax refund and pay down or pay off the borrowed amount. Promises to yourself in February can evaporate remarkably quickly when the refund cheque arrives.

4 If you can invest the money wisely. This is the biggie. Even though you may be able to borrow at a low rate of interest and reduce your taxes payable, there is more pressure on borrowed money to perform than money you've saved. Aside from anything else, borrowed money often encourages us to make riskier investments in order to earn back the interest paid.

If you can say yes to the four ifs, take a look at the Credit Canada RRSP loan calculator at creditcanada.com/financialtools.asp to see how the strategy might work for you.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Planning for retirement

Q How much should we set aside every year for about 30 years to achieve a post retirement income of $50,000?
— Daryl and Kelly

A You will need about $14,500 annual RRSP contributions for the next 30 years (six per cent return) to expect an after-tax income (tax rate 35 per cent) of $50,000 says, Douglas D Lamb, CA,CFP, MBA with Spera Financial, a Toronto-based financial planner. Check last year's notice of assessment; you probably qualify for larger contributions.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

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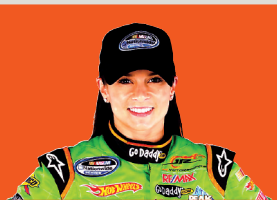
Sports



Danica to make debut

Danica Patrick will make her NASCAR debut this weekend at Daytona International Speedway. The IndyCar star will drive the No. 7 Chevrolet for JR Motorsports in Saturday's second-tier Nationwide Series race. The decision, announced yesterday, to race at Daytona was made after team officials dissected her stock-car racing debut in the ARCA race at Daytona on Saturday. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Giguere suffers first loss as a Leaf

NHL RESULTS

Sharks 3 Leafs 2

Toronto Maple Leafs goaltender Jean-Sebastien Giguere will try to pay attention to the Olympic hockey tournament when it begins in Vancouver, but he admitted he might not try very hard, saying before last night's game that he planned "to watch it from the pool there in Mexico — if they have it."

He did not have to go very far for a free preview, as it turned out, facing eight Olympic-bound players when the San Jose Sharks took to the Air Canada Centre ice. Giguere was beaten for the first time as a member of the Leafs, falling 3-2 in a hard-fought game against the top-ranked team in the Western Conference.

Ryane Clowe scored the game winner for the Sharks with less than seven minutes to play in the third period. Phil Kessel had a goal and an assist for the Leafs.

Toronto management had to scramble to fill out its roster before the game with word that two regular forwards had fallen ill. Centre Christian Hanson and winger Fredrik Sjostrom were both scratched, and with the Toronto Marlies out of town, a full menu of AHL help was not available.

The Leafs looked instead to Nazem Kadri, their 19-year-old first-round draft pick playing with the London Knights in the Ontario Hockey League.

Kadri, selected seventh overall last spring, made his NHL debut on the very first shift of the game, facing off against gigantic Joe Thornton. THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

Toronto Maple Leaf Viktor Stalberg crashes into San Jose Sharks goalie Evgeni Nabokov as Sharks teammates Dany Heatley, and Jay Leach look on last night. The Sharks won 3-2.

Gainey steps down as general manager of Canadiens

NHL Bob Gainey has resigned as general manager of the Montreal Canadiens after a tumultuous era at the helm of hockey's most storied franchise, becoming the latest in a string of Habs GMs to leave without a championship.

Gainey becomes the third straight Habs general manager to leave the job without delivering a Stanley Cup — a once-unthinkable statistic for a team that was dominant for decades.

Gainey will remain employed with the Habs as a consultant to new GM and executive vice-president Pierre Gauthier, and he told a news conference yesterday that he remains devoted the team.

He presided over an era where the Canadiens were competent during the regular season, poor in the playoffs, and flooded by fans' nostalgic adulation as they celebrated their 100th birthday.

"I've done my best and it's time for me to pass the torch. I'm leaving the team that I love in good hands," Gainey told reporters.

"The job of general manager required a vision and a long-term commitment and I didn't want to commit myself now for four, five or six more years.

"If I had to choose between leaving a little earlier, or a little later, I'd prefer (to go) earlier."

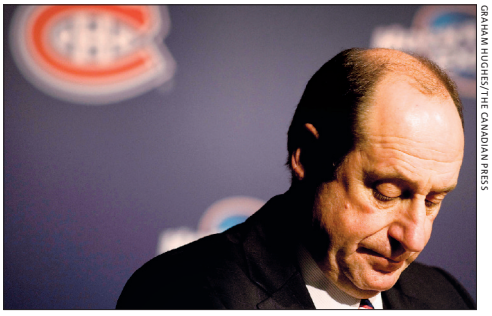
The Gainey era ends with a record of 241-176-46-7 during the regular season, 11-22 in the post-season, and zero appearances beyond the second round of the Stanley Cup playoffs.

The team is currently in sixth place in the East, with a record of 28-26-6 despite a crippling series of injuries to key players like Andrei Markov, Mike Cammalleri and Andrei Kostitsyn.

If Gauthier is preparing to make any drastic changes, he certainly wasn't showing his cards yesterday.

"It's a great honour to become general manager of the Montreal Canadiens," Gauthier said.

"I like our team. I like the organization. I'm very comfortable with Jacques Martin and our team of coaches." THE CANADIAN PRESS



GRAHAM HUGHES/THE CANADIAN PRESS

Bob Gainey hangs his head at a news conference in Montreal yesterday after announcing his retirement as general manager of the Montreal Canadiens.

Uncertainty ahead for NFL

LABOUR A memorable season capped by a super title game with a record TV audience has NFL executives and fans beaming.

The smiles might soon disappear.

Pro football is headed into the great unknown. Barring a quick — and totally unexpected — agreement with the players' union on a new contract, 2010 will have no salary cap. After that, perhaps a work stoppage, something NFL Players Association executive director DeMaurice Smith puts at "14" on a scale of 1 to 10.

Commissioner Roger Goodell doesn't agree, believing negotiations will lead to a new deal before March 2011, when the collective bargaining agreement expires. But an accord before the New Orleans Saints begin defence of their Super Bowl championship in September is unlikely.

The 32 team owners clearly are prepared for a go at the first uncapped season since 1993.

Enough restrictions are in place, including extending the minimum years of service for unrestricted free agency from four years to six, that baseball-like bidding wars are improbable.

With the owners claiming they are losing millions and the players arguing that teams are making money by the fistful, a common ground will be difficult to find.

"The labour agreement is a very important agreement," Goodell said during his annual Super Bowl week news conference. "It's something that is important to our players. It's certainly important to our clubs, and it's important to our fans.

"We have to sit at the table and we have to get an agreement that works for everybody. And that's what people expect. They want solutions, and that's what we should deliver."

THE ASSOCIATED PRESS

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d-New Jersey	58	36	20	2	153	134	74
d-Buffalo	57	32	18	7	158	144	71
Pittsburgh	59	35	22	2	187	171	72
Ottawa	59	33	22	4	164	165	70
Montreal	60	28	26	6	154	162	62
Philadelphia	57	29	25	3	167	154	61
Tampa Bay	57	25	21	11	147	166	61
Boston	57	24	22	11	138	146	59
N.Y. Rangers	59	26	26	7	152	163	59
Atlanta	57	25	24	8	172	183	58
Florida	58	24	25	9	152	167	57
N.Y. Islanders	58	23	27	8	146	180	54
Carolina	58	21	30	7	155	188	49
Toronto	**60**	**19**	**30**	**11**	**162**	**204**	**49**

YESTERDAY'S RESULTS
San Jose 3 Toronto 2
Philadelphia 3 New Jersey 2
St. Louis at Colorado
Edmonton at Phoenix
Los Angeles at Anaheim

TODAY'S GAMES
Boston at Buffalo, 7 p.m.
Nashville at N.Y. Islanders, 7 p.m.
Florida at Carolina, 7 p.m.
Calgary at Ottawa, 7:30 p.m.
Vancouver at Tampa Bay, 7:30 p.m.
Detroit at St. Louis, 8 p.m.
Dallas at Chicago, 8:30 p.m.

NBA

YESTERDAY'S RESULTS
New Orleans at Orlando
Dallas at Golden State
San Antonio at L.A. Lakers

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Browns release Stallworth
The Cleveland Browns have released wide receiver Donte' Stallworth. Stallworth was suspended for the 2009 season by NFL commissioner Roger Goodell after he pleaded guilty to killing a pedestrian while driving drunk in Florida. He spent 24 days in jail. THE ASSOCIATED PRESS

'I'm humbled and hungry:' Jays' Romero

Sophomore starter out to earn top billing in rotation

With lactic acid searing his legs, a heart rate-monitor recording his progress, and no end in sight to the interval workout, Blue Jays pitcher Ricky Romero gripped the handles of the exercise bike and kept pumping the pedals.

If you think the second-year southpaw starter feels entitled to the top spot in the Jays' rotation with Roy Halladay gone, think again. Instead of waiting to be acclaimed the team's ace, Romero spent his off-season at Athletes' Performance, a multi-sport training complex in Carson, Calif., training hard to cement his spot among Toronto's starting pitchers.

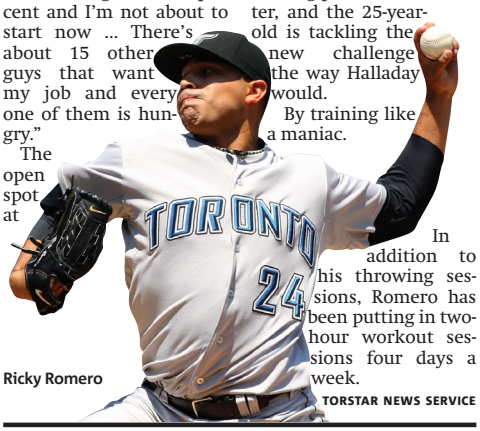
"I'm humbled and hungry, man," Romero said. "I've never gotten complacent and I'm not about to start now ... There's about 15 other guys that want my job and every one of them is hungry."

The open spot at the top of Toronto's rotation is tough to fill and Romero knows it. Halladay anchored the pitching staff for eight seasons, but he brought his all-star stats and team leader status to the Phillies in a December trade.

Halladay's departure leaves Romero, who went 13-9 as a rookie, as the most experienced healthy starting pitcher on the roster, and the 25-year-old is tackling the new challenge the way Halladay would.

By training like a maniac.

In addition to his throwing sessions, Romero has been putting in two-hour workout sessions four days a week.



Ricky Romero

TORSTAR NEWS SERVICE

Ticket price hike

- The Toronto Blue Jays will charge more for the cheapest seats in the house while holding the line on most of their other tickets under a simplified pricing structure for the 2010 season.

THE CANADIAN PRESS

Sports in brief

NBA Indiana Pacers centre Jeff Foster will miss the rest of the season with a back injury. The Pacers announced yesterday that Foster will have surgery after the All-Star break. He is expected to be ready for training camp in the fall.

BASEBALL The Brewers are erecting a statue of baseball commissioner Bud Selig outside Miller Park and will unveil it on Aug. 24. Selig headed a group that bought the Seattle Pilots in bankruptcy court in 1970, moved the franchise to Milwaukee and renamed it the Brewers.

NHL The Dallas Stars have activated centre Mike Ribeiro a month after he injured his throat in a game against the New York Rangers. Ribeiro came off injured reserve yesterday while wingers Raymond Sawada and Francis Wathier were recalled from the Texas Stars of the AHL.

RACING The opening race of the 33rd America's Cup between two-time defending champion Alinghi of Switzerland and American challenger BMW Oracle Racing has been postponed due to unsteady wind. The giant multihulls floated idly near the start line, some 24 kilometres off the coast of Valencia, Spain, for nearly four hours yesterday before the race was called off.

MLB Marcus Thames has agreed to a minor league contract with the New York Yankees, who also finalized a $1.1-million US, one-year deal with outfielder Randy Winn.

METRO NEWS SERVICES

Argos saga continues

CFL When David Cynamon and Howard Sokolowski went to bed last night, they were still owners of the Toronto Argonauts.

But the keys to the troubled Canadian Football League team will likely be handed over to B.C. Lions owner David Braley sometime today — barring any more last-minute hold-ups.

"The two sides have completed 95 per cent of the deal," said a source, who requested anonymity. "But there are still some minor outstanding issues."

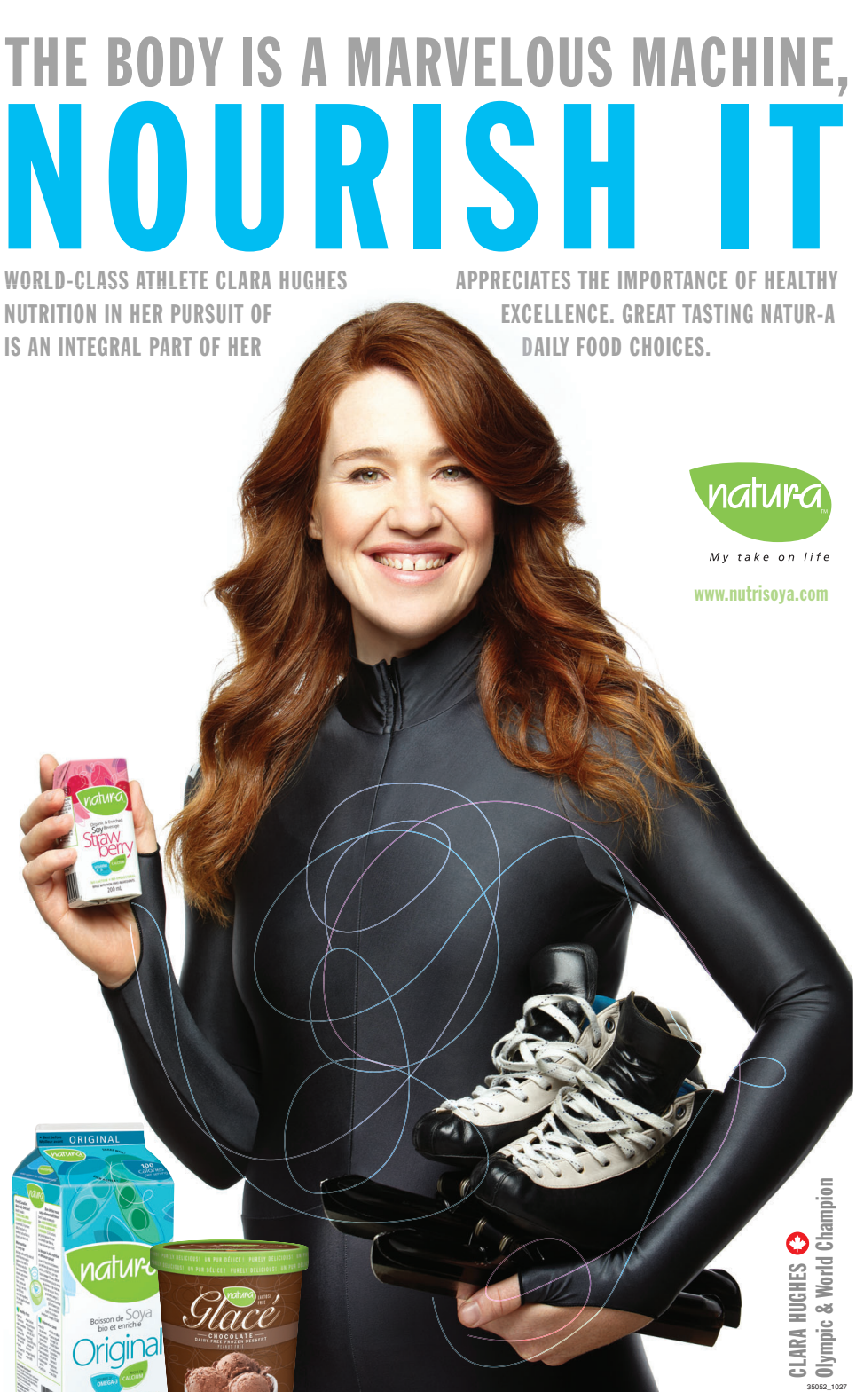
In other words, nothing has changed since Sunday. That also was the deadline day Cynamon had set to either complete the sale to Braley or announce that he and Sokolowski were keeping the team.

At this point, it seems almost inconceivable that Braley won't become the first man to own two teams in CFL history. But considering how long negotiations have been going on, anything is possible.

The league had hoped to convene a board of governors conference call yesterday afternoon to approve the deal, but was told by Braley that the sale had not been finalized.

The delay in closing the deal has also meant the team isn't announcing that it finally has a head coach, almost two months after firing Bart Andrus.

TORSTAR NEWS SERVICE



Governator to carry torch

Vancouver Games officials say California Gov. Arnold Schwarzenegger will carry the Olympic torch this Friday, ahead of the opening ceremonies of the 2010 Games. THE CANADIAN PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

New scale for skaters

Previous system scrapped after scandal in Salt Lake City

Gone is the 6.0 that everybody knew if not loved, and in its place is a complicated system that can leave figure skating fans scratching their heads.

The pairs scandal involving Canadians Jamie Sale and David Pelletier at the 2002 Salt Lake Olympics provided the impetus for a complete — and long-overdue — rewrite of how figure skating is judged.

But the new, far more detailed, computer-driven Code of Points, implemented in 2004 in hopes of eradicating the partisanship that had long plagued the sport, almost takes a statistician to decipher.

The one thing to remember is that under the new system, absolutely everything — from jumps to spins to the step sequences in between — has an assigned value.

Marks are then added or deducted according to how well a move is executed.

Take the triple Axel for example. The three-and-a-half rotation jump has a base value of 8.2 points. Judges then decide how well the jump has been executed, awarding a grade of execution or GOE ranging from a plus-3 to a minus-3, which takes into account everything from height and speed, to the difficulty of the steps leading into the jump.

"You can see a jump that goes up and the speed leading in is amazing, and the position in the air is beautifully straight and the landing flows out with amazing extension of the free leg," explains Norm Proft, officials programs manager for Skate Canada.

GOE: A plus-3.

"You have another skater, maybe they're a little slower going in, maybe they lean in the air, maybe their free leg is up in the air instead of nice and tight, maybe the landing a little scratchy. They're both triple Axels, but they're distinctly different in the quality of the jump," Proft says.

There's another set of scores — "program components" — that replace the former "presentation" marks. The five components are skating skills, transition, performance/execution, choreography/composition, and interpretation, with a scale of 1 to 10.

Canadians Tessa Virtue and Scott Moir earned the first perfect 10 awarded in ice dance at HomeSense Skate Canada International in December.

THE CANADIAN PRESS

Skating scandal

- Jamie Sale and David Pelletier were thrust into the international spotlight during the 2002 Winter Games when they were awarded silver medals after a flawless skate. After a judging controversy and an appeal, they were awarded gold along with the Russian skaters

ROBERT LABERGE/GETTY IMAGES

Jamie Sale and David Pelletier compete in the free program during the Salt Lake City Winter Olympic Games in 2002.

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Learning Curve is a special feature that focuses on education and student life. Next month's issue comes out on March 9.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Go beyond the beach this spring

RAFAEL BRUSILOW
for Metro Canada

Reading Week is almost here, and as most students can attest, actual reading is pretty much the last thing on their to-do lists.

While the usual beach-hopping antics are standard fare over Spring Break, why not try something a little different (and cheaper)?

Whisk away to a winter wonderland

Camping isn't just for the summer months, especially for couples hoping to get cuddly in the snow, or nature lovers looking for a chance to experience ultimate serenity. Check the Parks Canada website (pccamping.ca) for a list of all campgrounds in your province that are open in the winter. Popular year-round parks include: Kootenay in British Columbia, Bruce Peninsula in Ontario, Terra Nova in Labrador, and Prince Albert in Saskatchewan.

Give a little

Volunteering is not only a great way to help your community and have life-changing experiences along the way, it can also be a crucial part of your personal growth as a person — and isn't that why you're going to school in the first place? Visit the Volunteer Canada site at volunteer.ca for a list of organizations that need volunteers in your part of Canada. The site also has a wealth of resources about how to get started volunteering.

Get moving

Raising your marks is a great thing, but too often it can mean gaining a little extra around the mid-section.

Actual reading is the last thing on many students' to-do lists during Reading Week.

All that sitting at desks and computers and indoor hibernating during the winter term is bound to catch up with you, so why not use your break to start up your exercise regimen? Many gyms and fitness clubs are still in the throes of their New-Year rush and are eager to offer deals and discounts, while winter sports equipment starts to get discounted around this time of year as well. Hop out for a few days of skiing or hit the gym a couple of times to give your fitness a kick-start.

Hit it big

Got a penchant for sculpture, a knack for writing jokes or mad skills for fixing computers? Maybe it's time to take your marketable hobbies and use them to start a small business. Scout out some contacts and try to focus on work you can do in off-hours once classes start up again. But don't try to overwork yourself — a few extra bucks for proofreading papers or selling your architectural renderings can go a long way and put you on the road to entrepreneurialism. Visit servicecanada.gc.ca for helpful info on how to get started.

Key to fitness success: Do what you like

JON TATTRIE
for Metro Canada

Students think of campus life as the perfect time to shape their mental education, but many neglect their physical education by not making the most of the campus fitness and recreation centres.

Sandra Ondracka, manager of campus recreation at the University of Windsor, says that leads to the dreaded "Frosh 15" as students mull the meaning of life while munching on chips and boxed mac and cheese.

"Our mandate is to give them the opportunity to develop some lifelong health and wellness skills that are going to contribute to maintaining their health beyond the university years," she says. "A lot of them come in from high school without those habits established."

Windsor has all of the facilities you'd expect — pools, courts, tracks weights and cardio equipment — but also offers less sporty pursuits such as martial arts, kayaking, yoga, Pilates, tai-chi, ballroom dancing, belly dancing, hip hop and zoomba.

"Most of our student participation is within the fitness programs — cycle fitness, spinning classes, kick boxing and bootcamp," she says. "Do something that you like, that's fun, that's going to get you out of your room and away from your computer."

There are also lots of casual competitions in flag football or inner-tube water polo. "You don't have to be an athlete," she notes.

Tanya Angus, director of recreation programs at the University of Manitoba, says some students use their university years to play top-level sports for teams like the Bisons, but the dirt-cheap membership to the sports centre opens lots of doors.

"We have a strong intramural program," she said. Teams compete in soccer, basketball, Ultimate Frisbee and hockey, meaning you don't have to be a hard-core jock to play team sports.

If students want a bit more of a challenge, league play is still recreational, but at a higher level.

Finally, students can use their membership to just turn up for pick-up games. "We definitely have opportunities for just recreation physical activities," Angus says.

Many schools offer fitness programs at their on-campus rec centres.

Students can usually visit campus fitness centres to get a tour or go for a virtual exploration via websites like Bisonactiveliving.ca. Beyond traditional sports, Manitoba, like many universities, also offers yoga, Pilates, aquatics, first aid and CPR.

If you don't find what you want, the rec centres may be able to help you set up a rock-climbing or wrestling club with like-minded people.

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York flexes its muscle with research centre

LEYLA EMORY
for Metro Toronto

York University is flexing its muscle. With the recent launch of The Muscle Health and Research Centre, the university is devoting time and space to understanding what makes us move.

"It's a centre that brings together about 16 different scientists who all study muscle in some way. Mostly skeletal muscle, the muscles that make us move," says Dr. David Hood, director of the centre.

Besides looking good, muscle is fundamental to our survival.

"Muscle is 40 per cent of your body, so it's a large amount of your body mass," says Hood. "It's involved in metabolism and locomotion and it adapts. So many of us focus on exercise and how exercise promotes adaptations in muscle that make us healthier. It's not about high-performance athletes. It's really about the study of muscle and its relation to the health of Canadians."

Muscle plays a large role in many health ailments. Diabetes, obesity, aging and even cancer are all related to muscle and its prevalence in the body.

"A third of cancer patients actually die of muscle wasting. They don't die of the tumour. They die because that tumour secretes things that affect the condition of muscle, and eventually, they'll have respiratory failure because the respiratory muscles aren't working."

The MHRC is the only centre in Canada devoted to studying muscle. "There's plenty of room for lots of research and that's why a centre like this is important," says Hood. "We all have different interests in muscle and come from different sides of the coin, but we all study muscle and its implications for health."

The centre has been in the works for a number of years but officially opened last month. Because York doesn't have a medical school, the centre is more research-oriented. But Hood is looking to grow.

"My goal is to help this develop from the human side," he said. "We've been studying animal models of muscle disease and dysfunction, and models of exercise for many years, ... but now we're going to try to move to the human side of things."

Part of The MHRC's objective is to increase the visibility of bio-medical science at York, and Toronto in general. "We have a new faculty of health here at York. The idea is to attract scientists and students from all over the place. To bring people together and increase the visibility of muscle health research in Canada and around the world."

Humber's program in sport management will let students turn their love for sport into a career managing the business behind it.

Humber targets sports fans

RAFAEL BRUSILOW
for Metro Toronto

A new program at Humber College hopes to prove there's more than one way to make a career in sport.

Humber's three-year advanced diploma program in sport management, starting in September, will let students turn their love for sport into a career managing the business behind it.

Program co-ordinator and Humber professor Rick Simone says that while the school has always offered a strong recreation and leisure program, the new sport management diploma is a good fit for students looking to take advantage of the continuing strength of the sports industry.

"The sport industry is extremely healthy despite the economic downturn, and people are seeing they can turn their love for the sports scene into a viable career, so that sparked our interest in offering something like this," Simone said.

All skills related to the management of sport will be examined, such as the structure of sports organizations and the sociology of sport as well as its business side, including sponsorship, leadership and sport tourism.

"Students are going to get a real thorough understanding of what the Canadian sport industry looks like and how sport operates here, but beyond that, they're going to learn strong business skills they can apply in other arenas of their life," Simone said.

The program includes three separate work placements or internships that will alternate between professional sports associations, community and amateur sports bodies, and private sector sports organizations. Students will receive a dual qualification in recreation and leisure services and sport management upon completion.

Humber has partnered with some big names in sports throughout the GTA, including Maple Leaf Sports and Entertainment and Tennis Canada, proof the school is taking pains to make sure the program is cutting-edge and relevant to students' needs. Interest has so far been stronger than anticipated.

"The interest and response has been extremely strong. The original forecast of the program was for an intake of 50 students, but we may expand well beyond that based on the number of applications coming in," Simone said.

The popularity of the program is no surprise, Simone says, because it mimics the ubiquitous nature of sports in society.

"Sport has a significant impact on people in our society — it connects people in the community because it's one of those things we can all connect with, whether we participate or enjoy as spectators. When people understand that it's a business, they can relate to the idea that we need good leaders to manage it," Simone said.

For more information, visit humber.ca.

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Interest in gerontology on the rise

Calgary's MRU among those offering programs

ERIC EMIN WOOD
for Metro Canada

"Almost every career out there has older adults as part of their client base," says Mount Royal University's Marianne Rogerson.

Students interested in gerontology, or the study of aging, have several diverse options to choose from in Canada.

In Calgary, for example, Mount Royal University offers an online studies in aging certificate.

"It's a holistic program in that we look at the physical, social, psychological, and spiritual aspects of aging," says Marianne Rogerson, the program's co-ordinator. "Because we have an aging population, almost every career out there has older adults as part of their client base."

For example, Rogerson says, "there's a growing interest in eco-tourism, and a number of individuals interested in eco-tourism happen to be older.

"So if you have a business owner or program provider who understands that someone who is 75 has different needs than someone who is 25, they're more likely to provide the services your clientele is looking for."

Students have come from a variety of backgrounds, including kinesiology, social work, recreation and nursing.

"It's designed for individuals who already have a degree or diploma or considerable experience working with older adults," Rogerson says.

On an administrative level, Toronto's George Brown college offers the two-year activation co-ordinator/gerontology diploma.

Activation co-ordinators "assess, plan, design and evaluate all of the recreation and activation programs within a long-term care facility," says Anne-Marie Stoneburgh, the program's co-ordinator. Students are trained to "design and deliver meaningful physical and mental activities with a therapeutic nature."

First-year students are placed in long-term care facilities, Stoneburgh says, while second-year students are placed in community centres, day centres, and retirement residences.

"They're in placement two days a week, and three days in class," says Stoneburgh. "We also have a block placement, so students spend two weeks in placement in the fall, and again in the winter."

Students are also given the opportunity to transfer to Sudbury's Laurentian University for one year, to complete a bachelor's degree in gerontology.

"It's a neat way to go to school," says Stoneburgh. "You integrate your theory and practice at the same time, so you really graduate knowing that this is what you want to do."

For more on Mount Royal University's studies in aging certificate, visit mtroyal.ca. For more on George Brown's activation co-ordinator/gerontology diploma, visit georgebrown.ca.

Staying healthy impacts all parts of your life

GetSmart

Being a post-secondary student can be mentally draining. As students, we often sit in the library, sit in class and sit in front of the computer doing homework. This routine allows little opportunity to get our blood flowing. Healthy living involves not only flexing your brain muscle but also spending some time on yourself by exercising and relaxing.

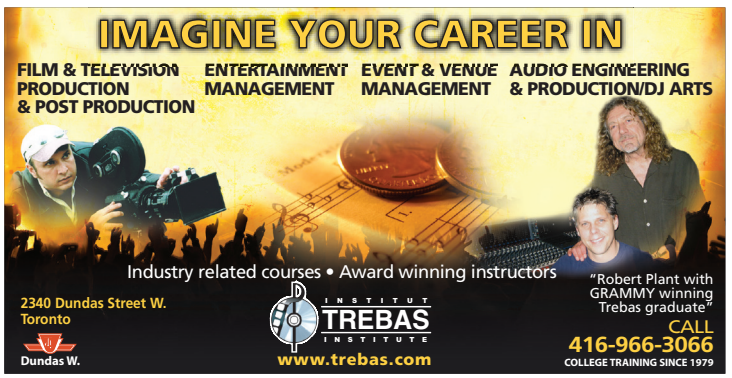
It is good to get out of the chair, get some air and be physically active each day. Not only will this benefit you immediately by releasing endorphins to make you feel a little less stressed, but it will also help you in the long run. Good physical health can increase confidence, self-discipline, the quality of relationships and your overall emotional being. The benefits of a healthy, balanced lifestyle reach far beyond what we see in the every day.

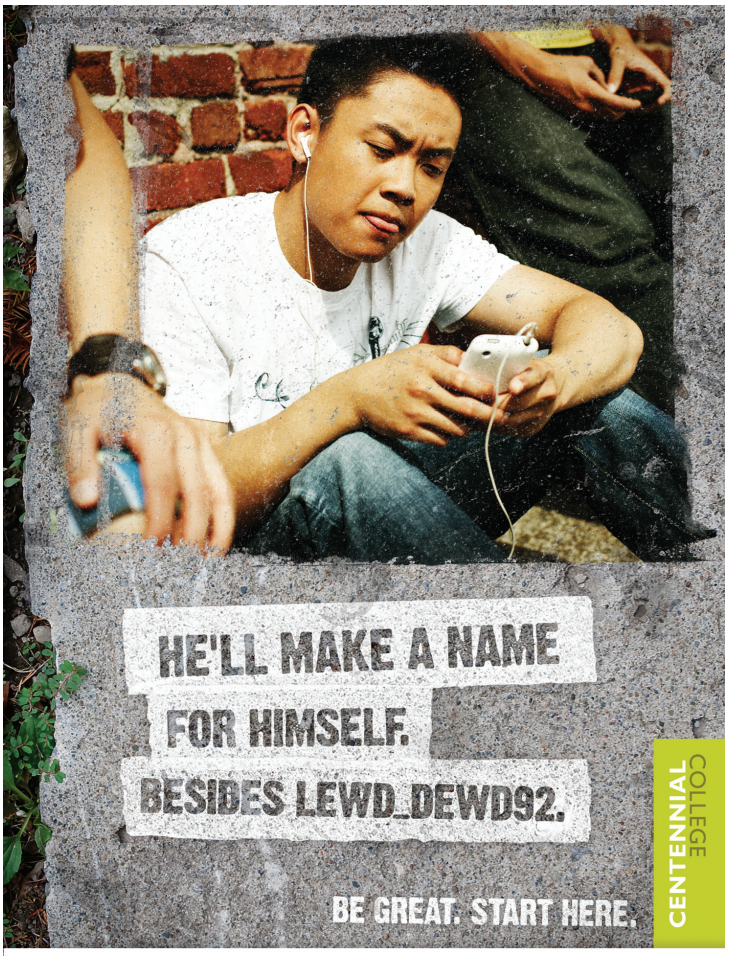
Post-secondary programs do not require students to take an gym class like we did in elementary school. So we need to take it upon ourselves to schedule in time for exercise. Being active doesn't mean you have to go to the gym, though organized exercise does come with the benefit of being able to make and track goals easily.

Start small, and create little changes that can help you attain a more active lifestyle. Try walking or biking to school if you live close enough, or take a study break outdoors. Most universities and colleges have facilities available to students for little or no charge, as well as intramural sports and clubs ranging from badminton to skiing. You can do many different group activities, such as dance classes, meditation or yoga sessions.

Remember — don't go too hard too fast! If you're too sore the day after your first workout, it will be tough to convince yourself to go back. So take it slow, set realistic goals, and enjoy your time away from your studies.

Jacqueline Hansen is a student ambassador at Seneca College.





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UOIT 'drives science to reality'

LEYLA EMORY
for Metro Toronto

Coming soon to the GTA: Weather in box, in the form of a world-class testing facility. The General Motors of Canada Automotive Centre of Excellence will house 16,300 square metres worth of cutting-edge technology.

Set to open in the spring/summer, ACE will offer a full range of testing facilities, most notably one of the largest and most sophisticated wind tunnels on the planet, right here at the University of Ontario Institute of Technology's Oshawa campus.

"It umbrellas two areas: A core research facility and an integrated research and training facility," says John Komar, resident manager and engineering manager for ACE. "One is a very large physical property testing area, and the other would be smaller, testing in industrial labs and support."

The crown jewel of the centre is its climatic wind tunnel. Five stories high, the wind tunnel simulates a variety of testing conditions.

"We can create temperatures ranging from -40 C to 60 C, five to 95 per cent humidity, sunlight — from a heavy desert sun to light northern Ontario sun," along with winds of up to 240 km/h from any direction, says Komar. "On top of all this, we can also throw snow, rain, sleet, at the vehicle as well. So we can have a snowstorm in July or a desert wind in January."

Testing can range from a small vehicle to a coach size bus or fuselage.

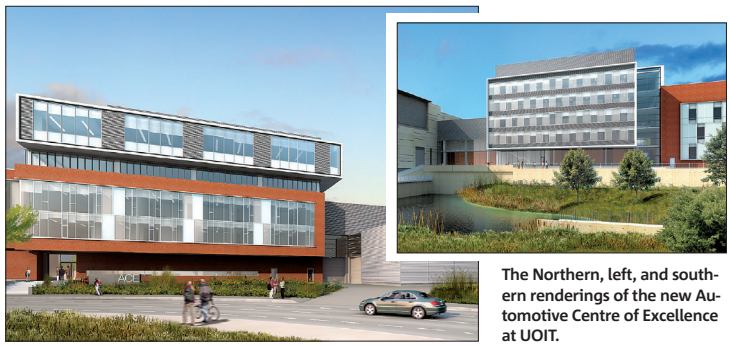
"The reason you first investigate it is the wind tunnel," says Komar. But the additional environmental chambers, which simulate actual road conditions such as potholes, and a multi-axis stimulation table, are why you come.

"When students across Canada, and around the world, are making that difficult choice of where to go, this facility will be very attractive to them," says Dan Miles, strategic communications, external relations at UOIT. "It's a one-of-a-kind-facility because it's all under one roof."

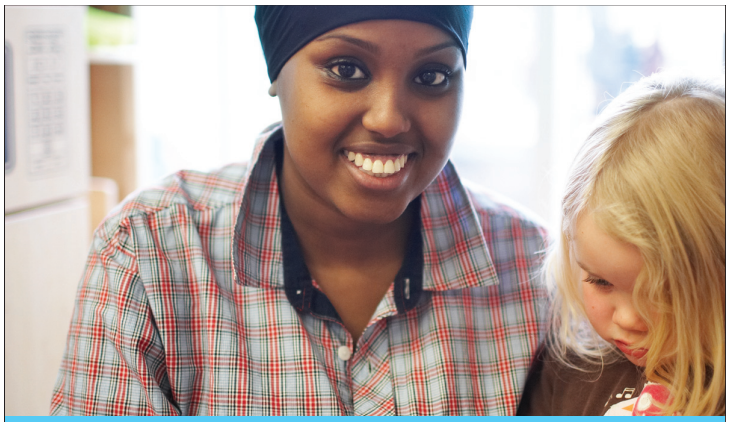
The partnership with UOIT gives ACE yet another fundamental tool under that roof: The collaboration of education and industry.

"The university is going to drive that innovation and that broader thought process, benefiting not only the automotive industry but industry in general. What we're trying to do here is drive science to reality," says Komar.

"In this facility, we'll be developing products that we haven't even thought of yet," adds Miles, "right here in Oshawa, in the Greater Toronto Area."



The Northern, left, and southern renderings of the new Automotive Centre of Excellence at UOIT.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Learning Curve is a special feature that focuses on education and student life. Next month's issue comes out on March 9.

Ryerson University's urban development (master of planning) program teaches students to examine urban development through multicultural and environmental lenses.

Urban planning accredited

ERIC EMIN WOOD
for Metro Toronto

Graduate students interested in charting the growth of our increasingly multicultural, environmentally conscious cities would do well to consider Ryerson's urban development (master of planning) program.

"We want to prepare planners who understand the changing demographics in Canada and across the world, and to be cognizant of the changing environment and ecology," says Dr. Sandeep Agrawal, director of the program. To that end, the program examines urban development through multicultural and environmental lenses.

"No other planning program in North America has this dual focus."

"Accreditation helps students get jobs, because more and more jobs require students to have come from an accredited program." Dr. Sandeep Agrawal

Courses include multicultural city planning policies, "which talks about shifting demographics not just in Canada but across the world," says Agrawal. Another, planning for sustainability, "is about ecology, global warming and climate change," he says. "And there are studio courses, where the integration of these two, culture and nature, takes place."

Depending on a student's undergraduate degree, the program can be completed in one year or two. "One year is for those who already have an undergraduate degree in planning and some planning experience," Agrawal says. "Two years are (for) the folks who come from other disciplines like social science, sociology, architecture and industry."

The program was recently accredited by the Canadian Institute of Planners. The accreditation "tells us, prospective students and the community at large that we offer a quality program," says Agrawal. "In addition, accreditation helps students get jobs, because more and more jobs require students to have come from an accredited program."

Typical of Ryerson, the program offers a field placement. So far, placements have included public agencies, such as the Ontario Ministry of Energy and Infrastructure or Ministry of Citizenship and Immigration, and private companies, such as Tridel.

Students interested in applying for the urban development program should be critical thinkers, Agrawal says.

"We look for students who have some understanding of the urban environment, who have observed the living patterns around them," he says.

"In terms of number of applicants, we are in the top three or four programs within the university," says Agrawal.

The program costs around $7,000 each year. The next session begins in the fall. For more, visit ryerson.ca/surp/current/graduate.

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Canadian youth make gains in labour market

Employment gains in January were driven in part by young people, according to Statistics Canada figures released Friday. Employment for individuals ages 15 to 24 increased by 29,000, pushing the unemployment rate down from 16 to 15.1 per cent. METRO NEWS SERVICES

Workology

Ont. universities face challenges

While the economy is showing signs of improvement, fundamental challenges remain in Ontario's PSE system, says Wilfrid Laurier University president Max Blouw. At WLU, budget managers across all academic and administrative departments have been directed to reduce costs or increase revenue by 1.5 per cent. WLU is working with the Council of Ontario Universities to address funding issues with the province. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Cabbagetown's booming biz

Variety of shops line neighbourhood's main artery Parliament

Small Business City

RAFAEL BRUSILOW
for Metro Canada

Successful businesses love a neighbourhood full of variety, and Cabbagetown is proof of that.

Despite its small size, the community, nestled between Jarvis Street and the Don River, is nevertheless home to more than 100 businesses.

As one of the area's best-known landmarks, Jet Fuel Coffee (519 Parliament St.) has been a local favourite for 18 years, featuring homemade roast espressos and pastries and an interior space decked out in vibrant local art.

PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Many small businesses populate Cabbagetown, seen here are such mainstays as the House on Parliament, left, and Jet Fuel.

Jet Fuel owner John Englar loves Cabbagetown's frantic, melting-pot aesthetic and the uncanny big-city feel you get in such a compact community.

"It's a very diverse place that's lots of fun. The clientele is very eclectic, from authors and artists to lawyers and politicians, to people on social assistance. It reminds me very much of a Manhattan feel," Englar said.

He says the secret to success in Cabbagetown is that there is no secret — the neighbourhood seems to follow its own rules as a surprising variety of businesses flourish along Parliament Street, the area's shopping heart.

"The thing I like best about Cabbagetown is that there's no set path here — it's a very free place to do business for everybody and you see something new every day," Englar said.

At home and garden store Barracuda (527 Parliament St.), owner Gerry Gold, 52, says the continued influx of new residents buying houses and condos in the area has been a positive thing, especially for business owners.

"The area is changing. There's lots of people moving into the area and lots of development being done — it's definitely for the better. It's a good area to do business," Gold said.

He says seeing Cabbagetown transform into a trendy, desirably livable community has been uniquely satisfying over the nine years Barracuda has been open.

"There used to be drugs and alcohol on the street but most of that stuff is completely gone now. I don't see any tension here at all. Nobody judges anybody here and it's the kind of community where everyone just gets along and mixes in," Gold said.

All organic

• Sam Muthreja opened Cabbage Town Organics (499 Parliament St.) nearly five years ago after taking over the space from a store that had failed. He says an influx of new businesses into the area proves the area is good for business. "People are nice and supportive here and as a business owner, it's rewarding. This same location had struggled in the past but we have worked hard to survive and thrive," Muthreja said.

Don't miss Spaces and Places!

Cabbagetown will be the focus of this week's Spaces and Places feature in Metro Homes this Thursday. Don't miss it!

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Romantize your cakes
Dress up your cakes for Valentine's Day by purchasing a heart-shaped baking pan and serve the finished results with whipped cream and fresh berries. Kitchen Plus sells a Fox Run Mini Heart Pan for $3.50 (right), at kitchenstuffplus.com. METRO NEWS SERVICES

Food

Fishing for some love

Delicious, healthy, affordable — and already thought by the Scots to be sexy — the Fresh Blue Cultured Mussel could be the next food of love, according to the Mussel Industry Council. Fresh blue cultured mussels are not only romantic and tasty, they are high in Omega 3s, low in fat (2.2 g fat per 100 g mussel meat) and have high levels of daily requirements for zinc, vitamin C and Iron. Mussels are also world recognized as sustainable seafood. What's not to love about eating them this Feb. 14? METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

A *hearty* meal

Design a decadent menu for your sweetheart

Rosemary Rack of Lamb

Frenched lamb chops are readily available. Or ask your butcher to French them, that is, to cut away the meat at the ends of the bones to expose them.

MAKES 4 SERVINGS

INGREDIENTS:
- 1/2 cup fresh bread crumbs (125 mL)
- 2 Tbsp chopped fresh rosemary (25 mL)
- 2 Tbsp grated Parmesan cheese (25 mL)
- 2 clove garlic, minced 1/4 tsp each salt and pepper (1 mL)
- 2 Tbsp Dijon mustard (25 mL)
- 2 racks of lamb (8 bones, 2 each), 2 lb (1 kg), frenched
- 2 Tbsp extra-virgin olive oil (25 mL)

METHOD:

1. In small bowl, combine bread crumbs, rosemary, Parmesan cheese, garlic, salt and pepper. Spread mustard evenly over meaty part of lamb; coat with bread crumb mixture.
2. In skillet, heat oil over medium-high heat; brown lamb, in 2 batches, until golden, about 2 minutes. Transfer, fat side up, to foil-lined baking sheet.
3. Roast lamb in 425°F (220°C) oven until meat thermometer registers 145°F (63°C) for medium-rare, 15 to 20 minutes.
4. Transfer to cutting board and tent with foil; let stand for 5 minutes before carving between bones.

Canadian Living's Rosemary Rack of Lamb.

Fool for Love

MAKES 2 SERVINGS

INGREDIENTS:
- 1/4 cup individually quick frozen (IQF) or fresh raspberries (50 mL)
- 1 tsp icing sugar (5 mL)
- 1 oz white chocolate, chopped (30g)
- 1 Tbsp sour cream (15 mL)
- 1 Tbsp granulated sugar (15 mL)
- Dash vanilla
- 1/2 cup whipping cream (125 mL)

Tip: In fondue use Lindt chocolate

METHOD:

1. Reserve 2 or 3 berries on paper towel–lined plate for garnish. Press remaining raspberries through fine sieve set over bowl; discard seeds. Stir in icing sugar. Set aside.
2. In bowl over saucepan of hot (not boiling) water, melt white chocolate; let cool slightly. In separate bowl, whisk together sour cream, granulated sugar and vanilla; whisk into chocolate.
3. In separate bowl, whip cream; fold one-quarter into chocolate mixture. Fold in remaining cream. Add raspberry sauce; swirl just until streaky. Spoon into serving dish. Cover and refrigerate for 2 hours. Garnish with reserved raspberries.

Chocolate Fondue for Two

MAKES 2 SERVINGS

INGREDIENTS:
- 1 cup bite-size peeled pineapple chunks (250 mL)
- 1 navel orange, peeled and cut into segments
- 2 kiwifruit, peeled and sliced
- 1 Red Delicious apple, cored and sliced
- 6 cookies (optional)

METHOD:

1. Chocolate Fondue: In saucepan, heat cream until boiling. Pour over bittersweet and milk chocolates in fondue pot; whisk until melted. Whisk in amaretto. Keep warm.
2. Meanwhile, arrange pineapple, orange, kiwifruit, apple, and cookies (if using) on platter.
3. Garnish with gooseberries (if using). Serve with fondue.

PHOTOS BY JODI PUDGE

Fool for Love dessert.

Chocolate Fondue for Two dessert.

online
For more Tested-Till-Perfect recipes, visit canadianliving.com

Dine out for V-Day Dinner

Enjoy a one-day Valentine's menu on Saturday at The Roosevelt Room Supper Club. Crafted by executive chef Trevor Wilkinson, the $65 prix fixe meal includes Rainbow Trout Tartare and Blood Orange & Caramel Tart. RSVP at therooseveltroom.ca/rsvp. METRO NEWS SERVICES

Concoct your own love cocktail

G'Spot

Be Mine Mojito

Looking for a love potion this Valentine's Day?

Look no further with these recipes courtesy of The Classic and Vintage Artisanal Spirits Portfolio, a spirits division of Domaine Select Wine Estates.

♥ Midnight Rendezvous

- 1 meyer lemon
- 1 oz Averna Amaro
- 1 oz orange flavored vodka
- 2 oz ginger beer

METHOD: Muddle blackberries in a shaker, add the juice of 1 meyer lemon, Averna, and orange flavored vodka and shake over ice. Strain over ice in a highball glass and add ginger beer. Garnish with orange wheel.

♥ Be Mine Mojito

- 1.5 oz G'Vine Nouaison Gin
- 0.5 oz simple syrup
- 0.5 oz fresh lime juice
- 3 mint sprigs

METHOD: Combine in a shaker. Shake well. Strain into a highball glass highball. Garnish with mint sprig.

♥ G'Spot

- 1.5 oz G'Vine Floraison Gin
- 0.5 oz Chambord
- 0.25 oz Simple Syrup
- 0.25 oz fresh lime juice
- 0.75 lemon juice

METHOD: Combine all ingredients in a glass mixing pint. Stir well. Strain into a chilled cocktail glass.

METRO NEWS SERVICES

Midnight Rendezvous

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LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Bring sexy back

Attention all guys! If you haven't noticed, Feb. 14 falls on a Sunday this year, which means your Valentine will be expecting a bit more than a card. A weekend Valentine's Day calls for breakfast in bed, or at the very least something nice to sip on while she opens that great gift you bought her to make up for your lack of culinary skills.

Sparkling wine is your ticket out of the kitchen. But you don't have to stick with a straight forward bubbly. Take a colour cue from the holiday and pop open a bottle of rosé. **Yellow Tail Bubbles Rosé** ($12.95 - $13.99) from Australia is all about refreshing strawberry fruit that's not over the top; while **Fresita** ($13.95 - $15.99) from Chile comes with real hand-picked strawberries in the wine to pump up the flavour volume.

If you like the idea of something more confectionary, the chocolatiers at Godiva work some Belgian magic by liquefying their famous **White Chocolate** ($29.99 - $31.95) into a decadently creamy, neutral spirit-based, liqueur.

Looking to bring sexy back? **X-Rated Fusion** ($39.95 - $47.99) liqueur is a tropical mix of French vodka, blood oranges, mango and passion (the fruit that is).

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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The same sodium as two medium orders of McDonald's French fries
Gerber, one of the best-known names in baby food, has been named this year's recipient of the Salt Lick Award due to the high sodium content in one of its prepared meals for toddlers, Graduates Lil' Entrees. THE CANADIAN PRESS

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Soccer helps to kick high blood pressure

CELIA MILNE
for Metro Canada

Exercise reduces high blood pressure. Doctors have known this for a long time. But what kind of exercise is best?

A new study in Copenhagen tells us that doing spurts of high-intensity exercise — namely, playing soccer — is a great way to control high blood pressure.

The study involved 25 men aged 31 to 54 who had mild to moderate hypertension. The men were split into two groups.

One group played soccer (in teams of five or six) for about an hour twice a week and the other group received traditional advice from a physician on reducing heart disease risk and staying active.

When tested three months later, the soccer-playing group had improved their health far more than the other group.

They had lowered blood pressure, reduced heart rate, reduced fat on their body and increased aerobic capacity.

"Our advice is to participate in vigorous intermittent physical exercise," lead author Peter Krustrup told Metro.

He believes soccer is a great way to get healthy because it is effective and fun; people stick with it, unlike many other exercise regimes.

Krustrup is an Associate Professor in the Department of Exercise and Sport Sciences at the University of Copenhagen, Denmark.

In Canada, hypertension affects one in five adults. It is the number one risk factor for stroke, and a leading risk factor for heart disease.

PHOTOS.COM
Burst of high-intensity exercise, like playing soccer, helps to control high blood pressure.

Because there are no symptoms, it's often called "the silent killer."

Having hypertension increases your risk of coronary heart disease, atrial fibrillation, kidney disease and death from any cause.

Although the Danish study was small, it adds to a growing body of evidence that soccer and other interval training activities are a great way to improve health.

Another Danish study showed beneficial effects of interval uphill walking for heart failure patients. And Krustrup has already published studies showing regular recreational soccer training improves many measures of heart health in both men and women.

"If not (soccer)," he says, "perhaps other types of intense intermittent exercise, such as water polo or intermittent swimming, running or cycling."

Hockey, with its bursts of intense activity followed by rest, may be a great Canadian way to reap the rewards the Danish men had when they played soccer, especially in the winter.

Krustrup's article was published in the Scandinavian Journal of Medicine and Science in Sports.

Autism risks higher in children of older mothers: Study

PREGNANCY A woman's chance of having a child with autism increase substantially as she ages, but the risk may be less for older dads than previously suggested, a new study analyzing more than five million births found.

"Although fathers' age can contribute risk, the risk is overwhelmed by maternal age," said University of California at Davis researcher Janie Shelton, the study's lead author.

Mothers older than 40 were about 50 per cent more likely to have a child with autism than those in their 20s; the risk for fathers older than 40 was 36 per cent higher than for men in their 20s.

Even at that, the study suggests the risk of a woman over 40 having an autistic child was still less than four in 1,000, one expert noted.

The new research suggests the father's age appears to make the most difference with young mothers. Among children whose mothers were younger than 25, autism was twice as common when fathers were older than 40 than when dads were in their 20s.

The findings contrast with recent research that suggested the father's age played a bigger role than the mother's. Researchers and other autism experts said the new study is more convincing, partly because it's larger. Older mothers are known to face increased risks for having children with genetic disorders, and genes are thought to play a role in autism.

"Older mothers are known to face increased risks for having children with genetic disorders, and genes are thought to play a role in autism."

The study was released Monday in the February issue of the journal Autism Research.

Maureen Durkin, a University of Wisconsin researcher who also has studied the influence of parents' age on autism, said it's important to note that the increased risks are small and that most babies born to older mothers do not develop autism.

Durkin said the overall low risk for autism "may be the most important take-home message," especially for prospective parents

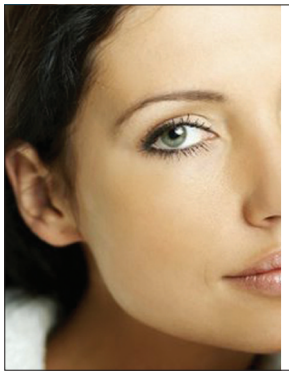
The study was based on records of all 5.6 million births in California between Jan. 1, 1990 and Dec. 31, 1999, and on cases of autism diagnosed before age six. Autism is a developmental disorder that involves mild to severe problems with behaviour, communication and socializing.

Recent data suggest about one in 100 U.S. children are autistic, a rate that appears to have increased substantially in recent decades. Many experts believe that rise reflects better awareness and a broadening of the definition of autism rather than a true increase in affected children.

Births to older mothers also have risen in recent years, but that likely only accounts for a small part of the increase in cases, said study co-author and UC-Davis researcher Irva Hertz-Picciotto.

Dr. Edwin Cook, an autism researcher with University of Illinois at Chicago, offered a novel theory for why autism is more common among children with older parents. Autism is known to run in families and it may be that adults with mild or undiagnosed autism have children at later ages, Cook said. The study doesn't include information on autism in adults.

THE ASSOCIATED PRESS



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Heart aches

Just over one-third of Canadians live too far away from a specialized hospital to get the best available treatment for a heart attack, suggests a new University of Calgary study. But its authors argue that number is good for a vast country where many people don't live near cities. THE CANADIAN PRESS

Valentine's Day cynicism is a cop out

It doesn't have to be a day devoted to commercialism, but appreciation

Apparently New York-based relationship expert Jay Cataldo is on a mission to single-handedly end Valentine's Day.

"This wretched day of massive expectation and zero appreciation needs to be destroyed," he states in the press release announcing his plot to destroy this "disgraceful holiday."

Cataldo doesn't explain exactly how he plans to off Valentine's Day — take Cupid out with his own bow and arrow? Lobby for a ban on scratchy lace? — but his cynicism about what is increasingly referred to as the "Hallmark Holiday" is becoming all too common.

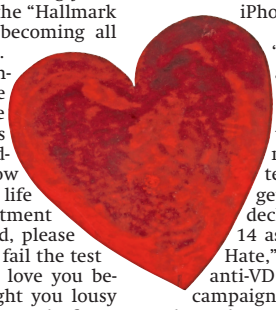
"Valentine's Day is an opportunity to stop, take a good look at your honey, preferably across a candlelit table adorned with some good food and a nice bottle of wine, and say, 'Hey, you're really special to me and I'm glad you're in my life.'"

Sure, I understand the "I'm single and thanks for reminding me how loveless my life is" resentment and the "God, please don't let me fail the test of proving I love you because I bought you lousy carnations instead of roses" pressure.

And yes, I agree that it's a bit of a goofy, made-up holiday designed mostly to keep the consumer wheel turning.

I've received hundreds of emails from companies reaching to come up with a Valentine's Day angle to pitch their product.

How about a free strawberry recipe iPhone app courtesy of the California Strawberry Commission? Hey, strawberries are red.



I'm not saying you have to fall for some idealized, unrealistic notion that your love can be neatly expressed once a year with a heart-shaped box of candy or a strawberry recipe iPhone app.

But "gathering a large amount of sympathetic malcontents together and declaring Feb. 14 as a Day of Hate," as one anti-VD internet campaign encouraged people to do, is a bit of a cop-out.

This year, instead of spending all that energy resenting the unrealistic romantic ideals shoved down your throats by the greeting card and candy companies, use the day to stop and appreciate the love in your life.

The other day my brother — who is single by the way — said that if they cancel Valentine's Day, they might as well cancel Christmas.

And, as with Christmas, you can choose whether or not to get caught up in the commercialism.

For me, Christmas is less about shopping and more an opportunity to spend time with friends and loved ones — to eat, drink and be merry.

Similarly, Valentine's Day is an opportunity to stop, take a good look at your honey, preferably across a candlelit table adorned with some good food and a nice bottle of wine, and say, "Hey, you're really special to me and I'm glad you're in my life."

And, if you're single, take the same opportunity to get together with friends, take a good look at them, preferably across a candlelit table adorned with some good food and a nice bottle of wine, and tell them, "Hey, you're really special to me and I'm glad you're in my life."

Happy Valentine's Day.

Unique Gift Ideas
for Valentine's Day

- If you'd like to do something special for your sweetie, I've included some unique Valentine's Day gift ideas in my Sexcetera blog at metronews.ca

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Internet addiction and depression

MENTAL HEALTH Caught in the Net? People who are obsessed with the Internet are more likely to become depressed, according to a new study in the U.K.

Instead of having real-life friends, most of their social interaction occurs through online chat rooms and social networking sites.

People can become addicted to gaming and browsing sexually gratifying websites.

How to tell if you have an Internet addiction? Like any other addiction, such as alcohol, the behaviour is a problem when it interferes with everyday life.

"While many of us use the Internet to pay bills, shop and send emails, there is a small subset of the population who find it hard to control how much time they spend online, to the point where it interferes with their daily activities," says Dr. Catriona Morrison from the University of Leeds.

People with Internet addictions had higher rates of depression — and sometimes severe depression — than non-addicted people.

The study surveyed 1,319 people from age 16 to 51, and found 1.2 per cent were Internet addicted. Addiction was more common in young people. Nowadays, addiction treatment centres often have experts in Internet addiction.

CELIA MILNE/FOR METRO CANADA

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SKATE, SKI, SLED AND MOISTURIZE!

TIPS FOR PROTECTING YOUR SKIN WHILE ENJOYING THE GREAT OUTDOORS

February is one of the coldest months of the year but that doesn't mean we need to hibernate. It's a time to get outside and celebrate one of the best things about living in Canada – winter activities. Everyone is feeling the urge to lace up the skates, snap on those skis or go tobogganing with the kids.

It's important to remember that winter activities mean winter skin – cold, dry and flaky. Dry skin can appear anywhere on the body, but the most common areas tend to be lower legs, arms, hands, elbows, back, knees and abdomen. In such cases skin can feel tightened or itchy.

Another factor to consider is the sun. Sure we might ignore it when the barometer is less than zero but exposed, unprotected skin is still vulnerable to damage from the sun's ultraviolet rays. Facial sunburns are just as likely to occur on the ski slopes as they are during a blazing hot day at the beach.

One of the great things about outdoor winter activities is the fitness benefits they provide at a time when it's tempting to stay on the couch. Whether we're walking up a hill or shoveling snow from the driveway, we tend to work up quite a sweat under all those layers of warm clothing. This perspiration can result in loss of body fluids and moisture which can lead to dry, chapped skin.

TAKE ACTION AGAINST DRY WINTER SKIN

Don't let the prospect of winter skin force you to retreat indoors. Give your skin the treatment it deserves with **Olay Quench Advanced Relief Body Lotion.** Specifically formulated to help strengthen skin's moisture barrier over time, Olay Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture for as long as five days after use. Formulated with ingredients that help combat dryness, including, VitaNiacin and Vitamin E, Olay Quench Advanced Relief is non-greasy and fragrance-free.

> Winter activities mean winter skin – cold, dry and flaky

Skin care tips for winter activity enthusiasts

Are you engaged in activities that keep you outside and exposed to the elements? Don't let dry, flaky skin become a hindrance. Here are some tips to help 'winter-proof' your skin.

1. USE A MOISTURIZER ON AREAS SUSCEPTIBLE TO DRY SKIN

The most common areas for dry skin include the legs, arms, hands, elbows, back, knees and abdomen . Cold, freezing air can dry out skin, even if you spend much of your time in the ski chalet drinking coco. Use an intense body lotion such as Olay Quench Advanced Relief to replenish any lost moisture.

2. LOWER INDOOR HEAT

While there's nothing like a hot shower or furnace to warm you up after a skating session, it's important to note that indoor heat has drying effects, so make sure you don't overdo it and consider using a humidifier at night which adds moisture to the air. Avoid harsh soaps when you shower and use a body lotion such as Quench Advanced Relief Body Lotion after you shower to lock in moisture.

3. KEEP HYDRATED

If you sweat on the slopes or elsewhere during winter, drink lots of water to avoid dehydration and dry skin.

4. PROTECT EXPOSED SKIN

Just because the temperature's cold, it doesn't mean that you won't get burned. Use a sunscreen with an SPF of 30 or higher, especially when in the snow. Sunscreen can help prevent wrinkles and other types of damage.

5. COVER YOUR LIPS

Lips are the first to dry out. A lip treatment with SPF protection will help keep your lips from drying and/or chapping.

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Don't pull the plug
Scientists have detected glimmers of awareness in some vegetative brain-injury patients and have even communicated with one of them — findings that push the boundaries of how to assess and care for such people. THE ASSOCIATED PRESS

Some morbidly obese missing genes that could affect weight

Researchers have discovered that a small proportion of morbidly obese people are missing a chunk of their DNA, and that genetic deletion may be dramatically affecting their weight.

In a study published in this week's issue of the journal Nature, the international team of scientists suggests that about seven in every 1,000 morbidly obese people are missing the 30-gene section of DNA. The genetic variation was not found in people of normal weight.

About two per cent of North Americans are morbidly obese, with a Body Mass Index over 40. (A healthy BMI, a mathematical ratio of weight and height, is between 18.5 and 24.9.) In about five per cent of cases, excessive weight gain is believed to be linked to genetic causes, including mutations and missing DNA.

"If we can identify these individuals through genetic testing, we can then offer them appropriate support and medical interventions."

Philippe Froguel, professor in the School of Public Health at Imperial College London.

"In the past three years, we have made fantastic progress in learning how common genetic changes can lead to chronic diseases like diabetes, as well as to small differences in people's weight and height," said co-author Dr. Robert Sladek of McGill University in Montreal.

"The genetic change identified in this study is much less common, but leads to much more substantial changes in the body weight of the individuals that it affects," Sladek said Wednesday in a release.

Previous research has identified several genetic variations that appear to contribute to obesity, most of them single mutations that change the function of a gene.

While the Nature study authors do not know all the functions of the 30 missing genes, mutations in some of them have been linked to delayed development, autism and schizophrenia.

They suggest there may be other genetic deletions, besides the ones they identified, that increase a person's risk of becoming obese.

"It is becoming increasingly clear that for some morbidly obese people, their weight gain has an underlying genetic cause," said lead author Philippe Froguel, a professor in the School of Public Health at Imperial College London.

"If we can identify these individuals through genetic testing, we can then offer them appropriate support and medical interventions, such as the option of weight-loss surgery, to improve their long-term health."

THE CANADIAN PRESS

PHOTOS.COM

About one in 1,000 morbidly obese people are missing genes.

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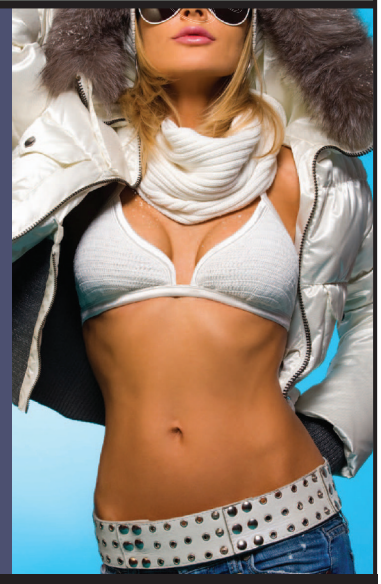

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Stephanie Charron
Health & Lifestyle

If you're like me, food is my best and worst friend. It's always there to comfort me and bring a smile to my face. Food is also the root of my unhappiness. When I look into the mirror or when my shirt / pant buttons scream for their life, there's nothing more that I hate than the consequences of food. I have struggled with my weight and have tried everything. However, after a visit to the doctor, I have a completely new understanding of my body's ability to lose weight. Years of dieting have affected my ability to lose weight, but after consulting with Dr. Michael Ho, I have lost weight, regained the energy and I feel like a happy, healthy 34 year old.

"The reason most people cannot lose weight is because of their hormonal imbalance caused by chemicals in foods, stress and a poor digestive system - preventing daily elimination." says Dr. Michael Ho.

Dr. Michael Ho is a doctor with over 20 years of clinical experience, specializing in drug-free treatments for Canadians. He has studied and worked in countries throughout the world and has devoted his life to Health and Medicine. Dr. Ho has been recognized for his ability to Identify and correct the cause of the problem, providing long term solutions for his patients. He states, "One of the most vital health factors is our digestion. Irregularity causes toxic build up, which can lead to bloating, constipation, fatigue, hormonal imbalance and weight gain."

After extensive research and testing, Dr. Ho developed a natural detoxifying supplement for his patients. "This product is 100% natural and is comprised of vegetarian capsules, fibre and tea." Patients experience tremendous results and detox has become one of the most recommended therapies to help improve digestion, reduce bloating and improve ability to lose weight. A clean digestive system is essential to increase your fat burning metabolism and strengthen your immune system.

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"The Detox System will help you lose the weight you can't lose by just exercising. Try it today and feel lighter, more energized and look and feel healthier and younger again." The days of dieting and weight gain are over.

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Audrey K

"I've had constipation all my life and Type 2 Diabetes for 10 years. I have lost 35 pounds of fat off my body. I look better, feel better and take no more meds."

- Audrey K.

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- Vincent H.

"I have IBS, gas and bloating. Since taking the DR-HO'S Detox System, I feel so much better! My bowel movements are regular, I feel energetic! It's so simple to follow. I'm sleeping very well, that tea is the most relaxing tea - it's wonderful! And within 2 weeks, I've lost 6 lbs without doing anything different."

- Jane A.

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Give up "me" for "we" for a peaceful marriage
A new study suggests that "we" language used between spouses in times of conflict goes along with less negative behaviour and signs of stress in lengthy marriages. THE ASSOCIATED PRESS

Replace running shoes, even if they still fit

Duff McLaren doesn't need to unearth any old receipts to recall when he purchased his last pair of running shoes — the answer is etched right onto the soles.

After buying a new pair, he typically makes sure to write the date on the outer sole, and he tends to alternate between pairs to prevent them from wearing out too rapidly.

"I just make sure I know when I got them, so when I have a pair in August '09 I'm saying, 'OK, well, geez, maybe I should start to replace those,'" says McLaren, a marathon coach with The Running Room, who has been running for 20 years.

"There are signs the shoe is running out of life, so I just switch those and use those basically as a lifestyle walking around-in shoe, but not for any distance running."

While it's essential to ensure your workout shoes are the right fit for your feet, experts say it's just as crucial to determine when to retire them, regardless of whether you're a running enthusiast or more casual in your exercise routine.

McLaren's shoe-dating approach isn't unique. Dr. Kel Sherkin, a podiatrist, tells his patients involved in sports to write the month and year on the inside tongue of their shoes so they can remember when they purchased them.

"While it's essential to ensure your workout shoes are the right fit for your feet, experts say it's just as crucial to determine when to retire them."

A standard rule of thumb is to replace them every 1,000 kilometres or so, he said.

"If you're basically doing non-pounding exercise such as the elliptical, such as the bike, your shoes can last a little longer," says Sherkin, co-author of The Complete Handbook of Athletic Footwear. "But if you're doing pounding such as running either outside or inside, the shoe longevity will be decreased."

For someone who isn't necessarily keeping track of the number of clicks they're covering in their kicks, Sherkin said one way to tell if the shoe is worn out is by looking at the midsole, the material between the outer sole and the top of the shoe.

"The midsole — that's between the shoe itself and the outer sole — will wear faster than the actual outer sole will," he says. "If you start seeing that the midsole is creased, has little creases in it, it tells you that the midsole is broken down, it's time for repair."

Exposure to heat and cold will also break down the midsole, he says. "Basically, what happens is you're just wearing down the rebound factor and the resiliency in the cushioning properties of the shoes." THE CANADIAN PRESS

Customer Notice

Early subway closure between Bloor-Yonge and St Andrew Stations
Starting midnight Saturday and Sunday
February 13 & 14 and February 20 & 21

Subway shuttle replacement buses will provide an accessible connection between Bloor-Yonge and Osgoode Stations.

- All trains on the University-Spadina Subway will turn back north at St Andrew Station.
- All trains on the Yonge Subway will turn back north at Bloor-Yonge Station.

Regular subway service resumes Sunday morning and Monday morning

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Levi is a Playgirl
Levi Johnston's long-awaited Playgirl cover has finally been released, and the caribou hunter-turned-aspiring model/actor does live up to his promise and appear nude, but with one notable exception: He covers himself below the waist. **PEOPLE.COM**

Entertainment

Wedding bells
Sacha Baron Cohen and Isla Fisher are seemingly set to marry this month. The couple have reportedly sent out party invites asking guests to keep Feb. 26 free. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Blueprint for dance pop

Brooklyn indie rockers Yeasayer surprise many by embracing new sound

CAM LINDSAY
for Metro Canada

If you're listening to the new album by Brooklyn's Yeasayer, and you're second guessing that it's actually them, you're not alone.

"We did an interview with Jon Pareles from the New York Times and he said that when he heard The Children he had to make sure he'd burned the CD right," says multi-instrumentalist Anand Wilder.

Following the relative success the indie band found with the feathery, acoustic jams on their 2007 debut All Hour Cymbals, Wilder and his bandmates found themselves surrounded by a massive collection of synths in the studio they rented to record the followup. From there, they just improvised.

"The first time around we established this — whether we intended it or not — hippie campfire vibe, this oneness with nature," Wilder explains. "With this one we wanted to push this oneness with machines ... Like what would happen if aliens were picking radio signals from earth for the last hundred years and had to recreate pop music for a museum exhibit?"

Odd Blood is the new album from Brookyn's Yeasayer. Read our review in Thursday's Metro.

Yeasayer's new album Odd Blood is out today

It's an unorthodox question but also a fairly accurate description of their appropriately titled second album, Odd Blood. The trio used a blueprint based on dance music's gurgling synths, mechanical polyrhythms and bountiful hooks, leaving the organic feel of their first album behind them.

"I think we were trying to make the whole album full of bangers," Wilder admits. "I don't know if we succeeded, but there was this idea to have an album that's all amazing dance songs. Where if a DJ was spinning and you were like, 'Oh my god, who is this?' And he said, 'It's the same album!' We wanted to make songs that would get people dancing."

Sticking with dance music culture's relationship with vinyl records, Yeasayer also designed the album to be experienced in two halves. Wilder says the approach was to give the listener options.

"We put these more conventional pop songs towards the beginning of the album so they would butt up against each other; they're all very epic and distinct sounding," he says. "And then the second side opens with this long, unbearable intro and then you're into these short, quick, weird songs.

"I like the idea that you play the first side and you really love all the pop hits, but then you start to get tired of them and you flip it over and you're like, 'Wait a second, this side's a lot more interesting. I like this way more.'"

> **"I think we were trying to make the whole album full of bangers ... there was this idea to have an album that's all amazing dance songs"**
> Anand Wilder

Banff comedy award goes to Ricky Gervais

PEOPLE British comic Ricky Gervais is being recognized with this year's Sir Peter Ustinov Comedy Award at the Banff World Television Festival.

Gervais

The creator of the hit U.K. TV show The Office will be feted at the festival in June, when he's also set to discuss his career and success. Gervais says the award is "probably the greatest honour" of his career, adding that "only the Nobel Peace Prize can top this." The award acknowledges outstanding comedic performances. Previous recipients include John Cleese, Bob Newhart, Martin Short and Tracey Ullman.

Coleman pleads guilty to charge

TV Former child television star Gary Coleman has pleaded guilty to a misdemeanour criminal mischief charge related to a domestic violence incident last April in Utah.

In a deal with the prosecutor, Coleman entered the plea at a hearing yesterday, his 42nd birthday, in Santaquin, 105 kilometres south of Salt Lake City. Clerk Jane Swan says the original charge of domestic violence assault was dropped. **THE ASSOCIATED PRESS**

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Cyrus auction

Miley Cyrus is organizing an all-star online auction to help raise money for the Haiti relief effort, according to People. "Ever since the earthquake, I've been trying to do my part to help the people of Haiti — and I wanted to do more," Cyrus said. TVGUIDE.COM

Music heals a broken heart

ROB MCMAHON
for Metro Canada

Contented Valentine's Day lovers get their roses and their chocolates. For everyone else, here are five musical picks to avoid. One Sunday, turn off these tunes — well, aside from one set that's a reminder of Spring sunshine.

The Rolling Stones: Just My Imagination from Some Girls (1978) The perfect song for one's first Valentine's Day as a single. This track, the Stones' update of a piece by the Temptations, mirrors that joyful experience's transitional blend of disbelief, distrust and disaffection. Mick Jagger's daydreams of the girls of New York soon crumble against the weight of his own logic, pushed by Keith Richards' stuttering, flanged melody. Who knew a guitar could so effectively unbalance hope?

The Sound of the Smiths (2008) This two-and-a-half hour grab-bag of pain — of failed nightclub pickups, imploding relationships and soul-searching — is perfectly embodied in Morrissey's epically hollow delivery. There are no better lyrics to absorb while sitting along in a dark, one-bedroom apartment and eating boxes of chocolate. Key moments: The (emphatically) celibate crooner's classics Hand in Glove, Heaven Knows I'm Miserable Now and How Soon is Now.

The Magnetic Fields: Mr. Mistletoe from Distortion (2008) Christmas is over, and you're still alone. What better way to rekindle the feeling of drifting through the snowy streets, dulled by red, white and green lights and the stings of laughter from happy couples than this gem. Buried deep under a gloomy hazy of shoegaze distortion, holiday chimes twinkle and Stephen Merritt's baritone sighs: "Mistletoe is hanging everywhere, but you no longer care".

Sky: She's Some Kinda Wonderful from Piece of Paradise (1999) The spring is coming, the flowers are blooming, and young lovers stroll. You've just eaten a Philly cheesesteak, and processed orange gunk is sitting heavy in your gut. Then a car breezes by, a red convertible. A flash of two bobbing blonde heads, singing a hook in unison: "She's some kinda wonderful, she makes a mean steak and she's an eyeful." You run to the nearest shrubbery and unload.

Magnetic Fields singer-songwriter Stephin Merritt.

The Format: Dog Problems (2006) OK, time to haul those empty pizza boxes and ice cream pails to the garbage and plug the phone back in. Spring is here, and it's getting boring. Throw on this brilliant indie-pop concept album for a smart, sincere journey from relationship gutter to stars. Heartbreak and sarcasm — and stories of how dogs can scuttle relationships —have never sounded so damn upbeat.

Up wins best animated feature at Annie Awards

The travel adventure Up was the winner of the best animated feature at the 37th annual Annie Awards.

Up director Pete Docter won the award for directing in a feature production.

Also competing for top honours at the Annies, presented exclusively for animated films, were the musical fairy tale The Princess and the Frog, the storybook adaptations Fantastic Mr. Fox and Cloudy With a Chance of Meatballs, the dark family tale Coraline and the Irish adventure The Secret of Kells.

All the films, except Cloudy With a Chance of Meatballs, are nominees for best animated feature film at this year's Academy Awards.

Up is also nominated for best picture at the Oscars.

Coraline and The Princess and the Frog won three Annies apiece, including Shane Prigmore for character design in a feature production for Coraline and James Mansfield for animated effects for The Princess and the Frog.

Wes Anderson and Noah Baumbach won the Annie for best writing in a feature presentation for Fantastic Mr. Fox.

The winners of the Annie Awards, presented by the International Animated Film Society, were announced Saturday at a ceremony in Los Angeles.

THE ASSOCIATED PRESS

Up was the winner of the Annie for best animated feature.

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His name is up in lights
Friday Night Lights MVP Zach Gilford has joined the cast of ABC's hour-long drama pilot Matadors, sources said. The prospective series revolves around two rival Chicago-based families. EW.COM

Modernizing family sitcoms

ABC comedy brings a realistic touch to Wednesday nights

A young man arrived at Ty Burrell's hotel room to stock the minibar and immediately recognized the co-star of the ABC comedy Modern Family.

He loved the show.

Thanks, Burrell replied. The man went on to quietly describe how his family gathered each week to watch Modern Family together, and because of those group viewings, he was getting to know his younger siblings better.

"I know we're not curing cancer," said Burrell, who portrays the earnest goofball dad Phil Dunphy, "but it feels nice to see people affected by the show."

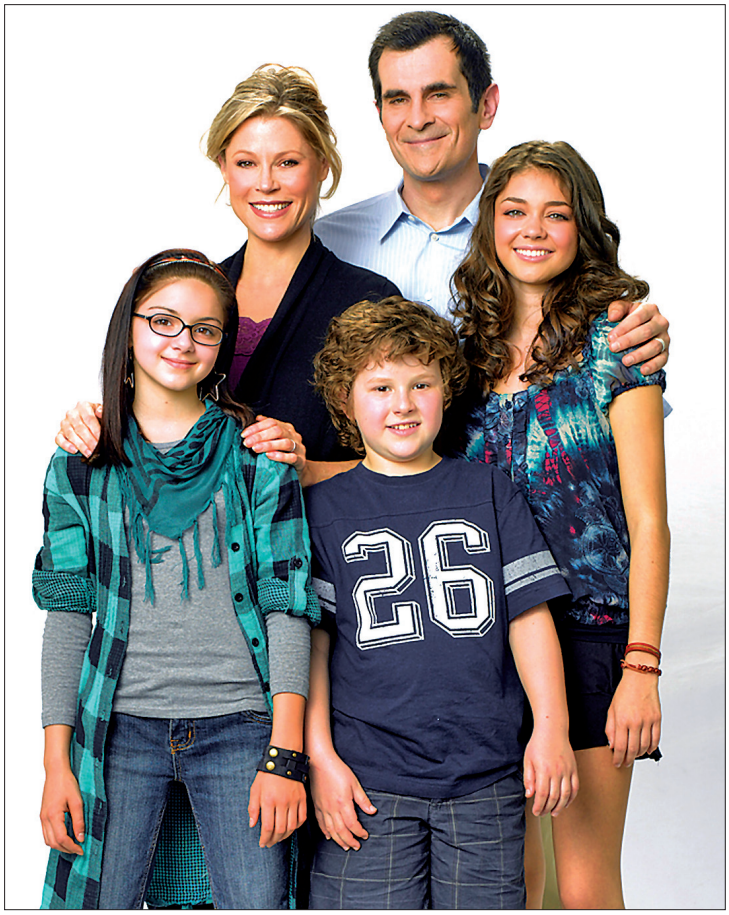
Modern Family is the most critically acclaimed and popular new comedy of the TV season, the centerpiece of ABC's Wednesday lineup and already renewed for a second season. Not only does it fulfil a comedy's central mission — provide genuine laughs — it nudges preconceptions and isn't afraid to show some heart amid a sea of snark and irony on television.

While deciding to make a family comedy is one thing, avoiding cliches is another thing entirely. The producers' success at this is revealed each week as more layers are peeled back on the characters.

Patriarch Jay Pritchett (portrayed by Ed O'Neill) may seem like the typical older man who married a trophy wife (Sofia Vergara).

But it's intriguing to watch him build a relationship with his new wife's son and learn how Vergara's character needs not a sugar daddy, but someone dependable in ways her first husband was not.

The gay couple Mitchell and Cameron try to meld their contrasting personalities at a time when they're hyper-nervous about being new parents, said Christopher Lloyd — a member of the production team.



Modern Family airs on ABC's Wednesday night lineup.

"I know we're not curing cancer, but it feels nice to see people affected by the show."
Ty Burrell on the hit show Modern Family

"We wanted to do a gay couple that was not sort of finger-snappy and fabulous," Lloyd said. "These guys are a little bit nerdy, like college professors who are a little anti-social. They care about their kid, and over think things. That's kind of winning to America, especially an America that might be a tiny bit hesitant about a gay couple."

More than heart was on display one recent evening when Modern Family commandeered a Los Angeles hotel lobby to shoot some scenes.

Hoots and hollers from crew members alerted those whose heads were turned the wrong way that they had missed actress Julie Bowen streaking across a room clad only in a bodysuit.

Bowen, who portrays Claire Dunphy, was about to film a scene in which she's supposed to be naked underneath a trench coat. You'll just have to watch the episode that airs Wednesday at 9 p.m. EST to find out why.

THE ASSOCIATED PRESS

Pretender not faking it as she releases new songs

MUSIC Chrissie Hynde is one busy woman these days.

The lead singer of the Pretenders has finished recording an album with Welsh singer-songwriter J.P. Jones and has just contributed to a Haitian relief song featuring the likes of Nick Cave, ex-Clash guitarist Mick Jones, former Sex Pistol Glen Matlock and Pogues frontman Shane MacGowan.

"Yeah, it was a regular beauty contest," Hynde said deadpanning.

Next up, she hopes, are a batch of songs that can form the basis of another Pretenders album.

"I would like to think this will actually speed up my songwriting process," Hynde says. "Usually, I spend a lot of goof-off time. I call it my gestation time — but really, pot-smoking time is what it is."

The perfect scenario for the 58-year-old Hynde would be to get going on what will be the group's first release since 2008.

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Dae Kim in Hawaii

Lost's Daniel Dae Kim has been cast in a lead role of CBS' Hawaii Five-O remake, according to The Hollywood Reporter. He will play Detective Chin Ho Kelly alongside another actor who remains to be cast as Detective Steve McGarrett. METRO NEWS SERVICES

GETTY IMAGES

Director Lee Daniels poses with a Directors Guild of America award and Precious actress Gabourey Sidibe. Daniels will be in Toronto tonight for Canadian Film Centre's salute to Black History Month.

A night for black films

Precious director to attend

ANNE BRODIE
for Metro Canada

It seems strange to talk about "black film" in 2010 as though it was somehow separate. But in the earliest days of cinema, it was. Hollywood didn't cater to black audiences and in some cities, blacks were not allowed in movie theatres.

Pioneering entrepreneurs in Chicago, New Jersey and New York created a niche film industry developing studios, and theatre and distribution chains for appreciative audiences.

Later, stars like Paul Robeson, Hattie McDaniel, Cab Calloway, Lena Horne, Duke Ellington and Count Basie and changing attitudes helped bridge the racial divide. By the time Sidney Poitier arrived in the early '50s, the curtain was starting to fall on cultural segregation.

Cut to 2010 and the phenomenal success of Lee Daniels' Precious: Based on the Novel Push by Sapphire, which won six Academy Award nominations last week, including best picture, director, actress (Gabourey Sidibe), supporting actress (Mo'Nique) and 44 previous awards.

Daniels, Toronto-based filmmaker Clement Virgo and Norman Jewison will reflect on this journey tonight at the Isabel Bader Theatre as part of the Canadian Film Centre's salute to Black History Month, Celebrate the Black Experience in Cinema, followed by a screening of Jewison's 1967 landmark drama In the Heat of the Night, starring Sidney Poitier.

Virgo says Jewison is an essential figure in the history of black cinema.

"He became one of the most influential filmmakers with In the Heat of the Night with Sidney Poitier, the seminal black actor of his generation."

Virgo, who just optioned the film rights to Lawrence Hill's The Book of Negroes, is excited to be a part of the event.

"It will be an historical focus over the last 45 years since the civil rights movement. We'll be talking about how black film changed over the years since the civil rights '60s, the blaxploitation films of the '70s, the comedy actors of the '80s ... We'll look at the exploitation of black images and the black hero."

"(The event) will be an historical focus over the last 45 years since the civil rights movement."
Toronto director Clement Virgo

Daniels, a 20-year Hollywood veteran (Monster's Ball, The Woodsman, Shadowboxer), will address his new status and impact in Hollywood as the first African American to win both Best Director and Best Picture nominations in the same year.

He remembers advice Canada's Jason Reitman gave him about his moment in history. "I felt very gratified, very humbled. But I was thinking about the next job and getting ahead of myself. Then, Jason said, 'You have to embrace this moment, OK? Savour the moment.'"

Heavyweight joins Top Model
It took a while, but after 13 cycles of America's Next Top Model, Tyra Banks has finally convinced Vogue editor-at-large André Leon Talley to take a seat at the judges' table. Talley, 60, has been a heavyweight in the fashion world for decades. PEOPLE.COM

Have a heart with Heidi

Klum teams up with Heart Truth

ELISABETH BRAW
Metro World News

On Thursday, Heidi Klum will walk the runway at New York's Red Dress Fashion Show.

Like her supporting celebrity cast — including Kim Kardashian, Jordin Sparks and Rose McGowan — Klum isn't promoting a fashion house. Instead the supermodel and Project Runway host, who is also Diet Coke's heart awareness ambassador, aims to educate people about heart disease. Klum, who recently gave birth to her fourth child, joins forces with Heart Truth, a heart awareness campaign sponsored by the U.S. government.

Q Heart disease is the leading cause of death for women. Have you had your heart tested?

A Of course. I'm one of those people who go to every single doctor's appointment. I go to every doctor, including the gynecologist and the dentist, every six months. And I strap my kids into their car seats and bring them to the doctor every six months, too.

Q Can Diet Coke really be good for one's heart?

A One of the factors that cause heart disease is excess weight. If you lower your calorie intake, you lower your risk of heart disease. Diet Coke has zero calories. It's not a radical solution, but every little thing helps.

Q Do you ever get lazy and feed your kids hamburgers instead of your mother's famous Sauerkraut soup?

A They love hamburgers! And fries! And chicken nuggets! And they like my Sauerkraut soup, too. They'll even eat really healthy things. Last night I made chicken and Brussels sprouts for them.

Q With four children, how much to you really exercise every day?

A I don't necessarily go to the gym, but thanks to the children I burn a lot of calories. I jump with them on our trampoline, I swim with them and I run after them in our yard. If you work in an office, you probably need a gym, but I'm lucky to have a very active lifestyle.

Q You've designed shoes for Birkenstock. Would you say you were successful in changing its image as professors' shoe of choice?

A I don't think they've ever been untrendy. I think they're really cool. I'm wearing a pair of Birkenstocks right now. They have my husband's lyrics on them.

Q You're a painter and a singer, too. Do you plan to pursue these activities more seriously?

A Before I had kids I did a lot of creative things. When I lived in New York I did oil paintings and attended classes every Saturday, but these days I just paint with the kids. If a charity asks me for a painting I'll make one, but I don't have time for much else. It's interesting how the kids show their personalities. They like to paint, but the older ones weren't at all interested when I signed them up for soccer. They wanted to play the piano instead.

Q If you'd not been discovered in a competition at age 19, what would you be doing now?

A When I won the competition, I had just been offered a job as a designer in Düsseldorf, so that's probably what I'd be doing now. It can be fascinating to consider how your life might have turned out, like in the movie Sliding Doors, but I'm too busy to look back.

Q What's on your personal iPod right now?

A I have no idea. I got one a few years ago, but it's in a drawer. Actually, I have no idea where it is. When you have kids you don't have time to listen to an iPod. When we sit on a plane, it's not as if I'd say to the kids, 'entertain yourselves; I'm putting on my iPod now.'

Q February also celebrates the heart in a different way. How do you and Seal keep the flame burning?

A My husband and I have fun together and laugh a lot. It's not very hard at all when you've found the right person; the passion is there or it's not there.

BRYAN BEDDER/GETTY IMAGES

Model Heidi Klum poses backstage at the Victoria's Secret fashion show

Questionnaire

- What's the best advice you've ever been given?
Have fun!
- What's the best gift you've ever received?
Meeting and marrying my husband
- What would you take to deserted island?
My family, for sure.
- What' s person you admire most?
My parents
- Favorite actor?
Jim Carrey

Prejean engaged

Former beauty queen Carrie Prejean is getting married. The ex-Miss California USA and pro football QB Kyle Boller got engaged on Saturday in Prejean's hometown of San Diego, eonline.com has learned. METRO NEWS SERVICES

NFB showcases 3-D films online

Free glasses available for web views

CHRIS ALEXANDER
for Metro Canada

With James Cameron's state-of-the-art immersive epic Avatar endlessly burning up the box office, it seems that 3-D fever is going to be around for a spell.

The gloriously gimmicky art of creating dimensional depth from an otherwise flat screen has been with cinema since the early part of the century and has enjoyed two previous feature film renaissances, the first kick started by Arch Obler's Bwana Devil in the 1950's, the second with such split stereoscopic fare as Jaws 3-D and Comin' at Ya in the early '80s.

Now, even the National Film Board of Canada is jumping on the bandwagon. Currently, the Canadian cinema institution is streaming a host of short , strange, eccentric homegrown works off their website that, with the aid of special decoding glasses, creep right off your computer screen and into your lap.

"The NFB has been experimenting with 3-D animation throughout its 70-year history," says Deborah Drisdell, NFB's director general, accessibility and digital enterprises.

"First there were two Genie-winning films by Norman McLaren in 1951 and then the world's first 3-D IMAX film in 1986. These latest experiments are to test the user experience of 3-D technologies on computers and handheld devices. The response has been remarkable."

Using the far less sophisticated red and blue "anaglyph" technology (as opposed to the digital polarized system used in theatres to make Avatar literally come to life) to illustrate their illusions, some of the 3-D films the NFB is offering include the animated romance Falling in Love Again, complete with careening cars and floating clouds thrust at the viewer; Drux Flux, an abstract piece of eerie surrealism whose strange, steampunk illustrations look fantastic in any dimension and Facing Champlain, a gorgeous, impressionist experiment in depth shown in two parts, both exploiting the sensorial impact of 3-D to maximum effect.

Facing Champlain is one of the 3-D films available on nfb.ca.

Way to 3-D

- To view the films, you'll need special colour-coded glasses which will be sent to your home completely free of charge. Log on to nfb.ca/3D for more details about the films and the 3-D process.

Jackson's doctor charged

LEGAL Michael Jackson's doctor was charged yesterday with involuntary manslaughter, capping an exhaustive investigation into the pop star's stunning death last summer and setting up the prospect of another sensational celebrity courtroom drama.

Dr. Conrad Murray, a cardiologist who was with Jackson when he died June 25 at his rented Los Angeles mansion, is accused of the single felony count in a five-page complaint filed in Superior Court. According to the complaint, Murray "did unlawfully, and without malice, kill Michael Joseph Jackson" by acting "without the caution and circumspection required."

Murray

The complaint contains no details on Jackson's death but authorities have said the singer died after Murray administered a powerful general anesthetic and other drugs to help Jackson rest. Murray has said he did nothing that should have caused Jackson to die.

If convicted, he faces up to four years in prison.

Soon after the charge was filed, several members of Jackson's family, including his mother and father; his brothers Jermaine, Randy, and Tito Jackson; and his sister LaToya Jackson arrived at the courthouse adjacent to Los Angeles International Airport.

"Looking for justice," was all Jackson's father, Joe Jackson, said as he walked past a crowd of reporters and into the courthouse.

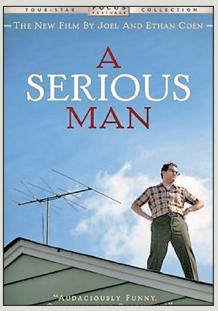
The charge was expected, and Murray's attorney, Ed Chernoff, said his client planned to surrender to authorities later Monday.

"We'll make bail, we'll plead not guilty and we'll fight like hell," Chernoff said before the charge was filed.

Jackson, 50, hired Murray to be his personal physician as he prepared for a strenuous series of comeback concerts in London. Officials say the singer died after Murray administered the powerful general anesthetic propofol and two other sedatives to get the chronic insomniac to sleep.

THE ASSOCIATED PRESS

DVD picks



A Serious Man

Directors: Joel Coen, Ethan Coen

SURE TO BEFUDDLE casual Coen Brothers fans even as it delights the faithful, A Serious Man is a wicked turn into existential absurdity after the straight screwball antics of Burn After Reading.

Set in a 1967 of banal bungalows and sublimated desires, it's suburban Midwestern hell as viewed through the travails of physics professor Larry Gopnik (Michael Stuhlbarg), whose life is vexed by an estranged spouse, snotty kids and a conniving student.

Resolutely paced, impeccably staged and lensed, it's comedy for people who can laugh at poetic car wrecks, obtuse rabbis, mysterious dental messages and an endlessly drained cyst.

Such people would be Coen fans. But even they might pain their puzzlers over the mystical and violent prologue, set in olden days and introduced with a proverb about accepting fate, which has nothing to do with Gopnik's bummer Summer of Love. Or does it? One thing is entirely clear.

A Serious Man is primo Coens, but it's also something of a private club. If you don't already get these guys, the doors of enlightenment aren't going to suddenly swing open for you now. It may not add up, but it's a living.

Extras include three featurettes: Becoming Serious. Creating 1967 and Hebrew and Yiddish for Goys.

The Time Traveler's Wife

Director: Robert Schwentke

A FILM THAT that belongs to the realm of romantic fiction where hoochie-coochie meets hocus-pocus.

Eric Bana is Henry, a Chicagoan we meet at age six as he's being magically transported away from a fateful car accident. As young Henry shivers on the snowy roadside, he's consoled by an older version of himself.

Henry's love interest is Clare (Rachel McAdams) whom he meets as a young girl. Before you can say "chrono displacement," the two have fallen in love.

Bana's and McAdams' performances rise above the shaky material and the film is gorgeous to look at. If you can get past the calendar gymnastics, The Time Traveler's Wife works as affecting allegory of love that persists even when the lover is gone — really gone.

Extras include the featurette Time Traveler's Wife: Love Beyond Words.

Peter Howell/for Metro Canada

Four for The Hurt Locker
The Hurt Locker's four producers will collect Oscars if the film triumphs at the Academy Awards next month. Oscar rules state that only three producers can claim the gold man, but Academy officials have agreed to make an exception in the case of the Kathryn Bigelow film. FEMALEFIRST.CO.UK

Crazy For Love, not ethnicity

Mixed-race unions have been on the rise in Canada, with the number of interracial couplings — both married and common-law — up by one-third in the 2006 census.

But despite the increase in such pairings, many mixed-race couples still find themselves facing challenges in coming together — sometimes even from within their own families.

The documentary series Crazy for Love, premiering tonight at 10:30 p.m. on Vision TV, follows the journeys of various couples from different cultural and religious backgrounds as they recount their experiences from their first meeting to marriage.

One episode in the 13-part series features Hiershenee and James Sullivan, and offers viewers a glimpse of their jam-packed wedding day last August in Toronto with two separate ceremonies — Catholic and Hindu.

Hiershenee Sullivan said she and her husband, who met while teaching English in Taiwan in 2004, have been embraced by each other's families.

But it was initially difficult for her parents, who immigrated to Canada in the early 1980s and had envisioned their daughter marrying an Indian man.

Sullivan, 30, said while she cared about her parents' opinions, she didn't understand the depth of what they were going through until she watched the episode.

Series producer Barbara Margetts said that immigrant parents who live in Canada but were raised in a more traditional culture often commented that they imagined their children ending up with someone of the same background.

In the cases of Sullivan and Wanh Porter, who is featured with her husband Dan in a separate episode of the series, both women had dated outside their own race prior to meeting and marrying their spouses. THE CANADIAN PRESS

Dan and Wanh Porter will be featured in a new series called Crazy for Love on Vision TV.

PHOTO BY NIKKI CHARLETON

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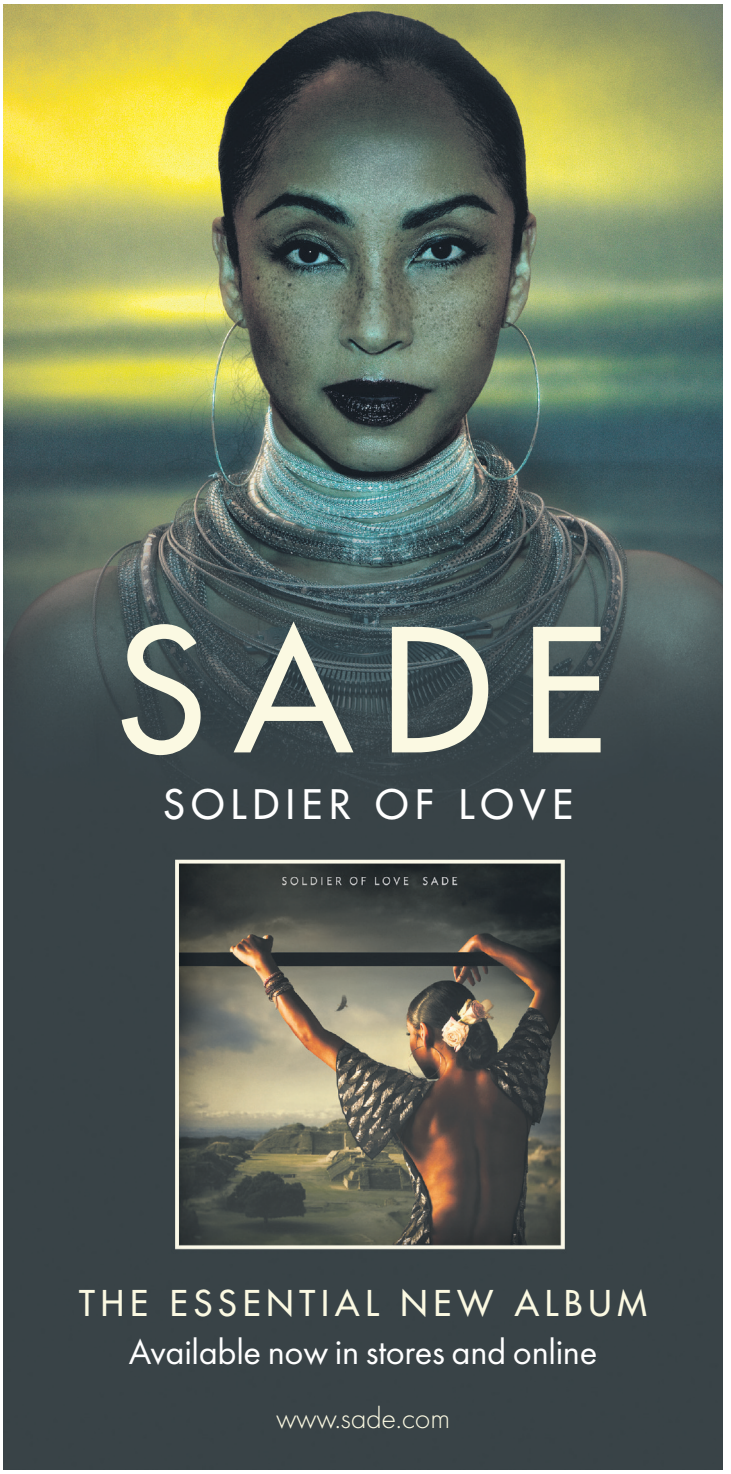

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Who has the smoking gun?

Brad Pitt and Ryan Reynolds have emerged as favourites to play Marshall Matt Dillon in a movie remake of hit TV western Gunsmoke. Both stars are in talks for the role made famous by James Arness on the small screen, according to the Los Angeles Times. FEMALEFIRST.CO.UK

Judge adjusts protective order on Sheen

A judge has modified a protective order allowing actor Charlie Sheen and his wife, Brooke, to see each other as Sheen faces domestic violence allegations.

Prosecutors filed charges of felony menacing, third-degree assault and criminal mischief against Sheen stemming from his arrest Dec. 25 at his Aspen home. He faces up to three years in prison on the menacing charge.

He did not enter a plea yesterday. Further proceedings are scheduled Mar. 15.

Brooke Sheen sat in the front row of the gallery during the hearing.

The couple hugged after the hearing and left the courthouse in separate vehicles.

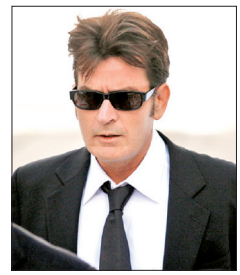
Brooke Sheen's attorney, Yale Galanter, said the couple would head back to Los Angeles on the same plane.

A police officer's arrest affidavit quoted Brooke Sheen as saying the actor pinned her on a bed while holding a knife to her throat and told her that she "better be in fear."

The officer said Brooke Sheen reported her husband also told her that he could hire ex-police "who know how to get the job done and they won't leave any trace."

Charlie Sheen denies threatening or hitting his wife, but told police that he broke two pairs of her eyeglasses in front of her.

THE ASSOCIATED PRESS



Charlie Sheen

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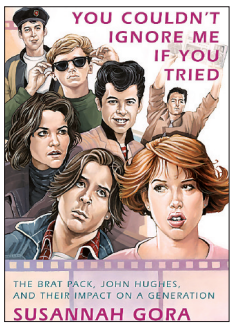
Brat pack's back

Book window to world of John Hughes

Did you know that people come up to Matthew Broderick — often at ball games — to ask if it's his day off? How about that fans incessantly pester Judd Nelson for the punch line to the one about the blonde, the dog and the salami? Or that Gedde Watanabe auctions off voicemail messages as Long Duk Dong for charity?

Those totally tubular tidbits and many more grace the pages of You Couldn't Ignore Me If You Tried, film journalist Susannah Gora's look back at seven movies that defined that most awesome of decades, the 1980s.



You Couldn't Ignore Me If You Tried by Savannah Gora looks back at seven movies that defined the '80s.

Those who have seen (and who under 50 hasn't seen at least a few of them?) Sixteen Candles, The Breakfast Club, Pretty in Pink, Ferris Bueller's Day Off, Say Anything, St. Elmo's Fire and Some Kind of Wonderful won't be able to put down this book.

Gora tracked down more than 100 interview subjects, many of them closely tied to the productions, including almost all the stars and supporting players, the filmmakers and others.

The only big omission is the late John Hughes, who directed Sixteen Candles, The Breakfast Club and Ferris Bueller's Day Off, and in Gora's estimation "remade American teenhood in his own image" and in the process became "the bard of youth."

In the end, Gora deftly sidesteps the lack of primary material from Hughes by relying on published interviews and the recollections of those who knew the filmmaker.

The title of Gora's book comes from a Breakfast Club line in which the rebel Bender tells Ringwald's popular, well-to-do Claire Standish: "Sweets, you couldn't ignore me if you tried."

But another line from the Hughes canon is much more fitting for those considering whether to purchase Gora's debut work.

It was uttered by The Geek (Anthony Michael Hall), the freshman pipsqueak who fawned over Molly Ringwald's sophomore Samantha Baker in Sixteen Candles.

"You wanna know what happened?" Hall's character asks. "Buy the book."

THE ASSOCIATED PRESS

TV Babies!

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No purchase necessary. Contest open to Canadian residents of legal age. Contest closes February 28, 2010 at 11:59pm. Odds of winning depend on number of entries received. Winners will be randomly chosen from people who have unlocked the badge. Value of prize is $699 each. For full contest rules and details, visit www.clubmetro.com.

clubmetro

Style inspiration

Hit-reality show Jersey Shore setting fashion trends

Hair gel and hair extensions, tanning and True Religion jeans, Ed Hardy T-shirts and eyebrow threading. It's fashion, Jersey Shore — style.

MTV's hit reality show put the spotlight on the style of a group of 20-something Italian-Americans, self-professed "guidos" and "guidettes," as they partied and fist-pumped their way through a Seaside Heights, N.J., summer. And now their style — heavy on gravity-defying hair and deeply revealing tops — is catching on among a non-"guido" audience that's tuned in not just for the drama, but also to study the cast's particular, and sometimes peculiar, fashion choices.

"They're fist-pumping. They're doing their hair like us now, dressing like us," Pauly Delvecchio, who goes by Pauly D on the show, told NBC's Today show last week. "We obviously did something right."

The self-professed "guidos" and "guidettes" of Jersey Shore.

Pauly D's blowout hairdo helps define the style, along with Nicole (Snooki) Polizzi's white hair-clipped pouf, which has several fan pages on Facebook. Jenni (JWOWW) Farley has announced her own clothing line and Mike (The Situation) Sorrentino walked the red carpet at the Grammys displaying his famous abs.

Zach Vujic, 15, has learned lately just what kind of dedication it takes to get Pauly D's hair. The Grade 10 student from Stoney Creek, Ont., got his own version of the cut, with short hair on bottom, topped by hair a few centimetres long sticking straight up in spikes seemingly shellacked into place.

Pauly D, a DJ from Johnston, R.I., has called the cut windproof, waterproof, soccer-proof and motorcycle-proof. Vujic, whose ethnic background is Serbian, says he's watched every episode of the show four times and got the Pauly D cut in late January. Since then, he's been getting up 25 minutes early for school, at 6:25 a.m., so he has time to perfect the style.

It's worth it, Vujic said.

"I've noticed now when I go places with the haircut, people just stop and look at me. No one else has it," he said.

Another plus, according to Vujic: girls like it.

Other hallmarks of the "Jersey Shore" look are JWOWW's blond extensions and boob-revealing tops, T-shirts and trucker hats bearing classic Ed Hardy tattoo designs, and designer sunglasses and bags — sometimes knock-offs.

THE ASSOCIATED PRESS

to	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
29/10	265	353	2	TVO	Blue Realm (DVS)		The Agenda With Steve Paikin		Criminal Justice (N)		A Walk to Beautiful		Agenda-Paikin
primetime	211	331	3	GTV	Entertainment	ET Canada	NCIS "Jack Knife" (N)		NCIS: Los Angeles (N)		The Good Wife "Hi" (N)		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: Special Victims		The Biggest Loser Olympic training facility. (N)				Murdoch Mysteries (HDTV)		News
	212	313	8	CTV	etalk	Access H.	American Idol (HDTV) (N)		Lost "What Kate Does"		Law & Order		CTV News
	218	345	11	CHCH	*Driving Lessons* (2006, Comedy-Drama) Laura Linney.				*Cadillac Man* ★★ (1990, Comedy) Robin Williams.				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King/Queens	Cold Case
	213	326	15	SUN	George Lopez	The Insider (N)	Funniest Pets	Funniest Pets	To Serve and Protect		The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Access H.	NCIS "Jack Knife" (N)		NCIS: Los Angeles (N)		The Good Wife "Hi" (N)		News 4 at 11
	-	385	17	NBC	Entertainment	The Insider (N)	The Biggest Loser Olympic training facility. (N)				The Jay Leno Show (N)		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Lost "LA X (Part 2)"		Lost "What Kate Does"		the forgotten "My John"		News
	219	346	20	ACH-B	Degrassi: Next	TMZ (N)	Lost "LA X (Part 2)"		Past Life "Pilot" (N)		The Listener		A News
	-	-	28	FOX	Judge Judy	Two/Half Men	American Idol (HDTV) (N)		Past Life "Pilot" (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Foot in Grave	NOVA (HDTV) (N)		Frontline (N) (DVS)		American Future: A History		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV)		Melrose Place "Ocean"		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report (Live)		Marijuana Inc.: Pot Industry		SI Swimsuit Issue		SI Swimsuit Issue		Mad Money
sports	405	417	22	net	Olympics: On Home Ice		The Great Tournament		Sid vs. Alexander		Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey!	Interruption	NHL Hockey Detroit Red Wings at St. Louis Blues. (HDTV) (Live)					SportsCentre	
	411	457	58	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters International		Destin. Truth
	417	406	81	SC	Pass Time	NASCAR Hub	Countdown to Daytona (HDTV)		Countdown to Daytona (HDTV)		Countdown to Daytona (N)		Pass Time
family	551	542	25	YTV	iCarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	570	580	29	MM	America's Best Dance Crew		Degrassi: TNG	Degrassi: TNG	My Date With...	Muchmusic Countdown			MuchOnDem
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Psychic Kids: Paranormal		Paranormal	Paranormal	Paranormal
	700	800	35	TLN	Centrovetrine	Sky TG 24	Distretto Di Polizia		David Rocco	Magnifica Italia	George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		Hammertime	Gimme Sugar	Entourage	Wild 'n Out	mmtop10.ca
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According/Jim	According-Jim	Home Improve.	Home Improve.	This Is It
	616	521	39	SHO	Relic Hunter		*A Sister's Secret* (2009, Suspense) Alexandra Paul.				Drop Dead Diva		NCIS
	620	523	40	BVO	Montreal Jazz Festival		Live at the Rehearsal Hall		Rita MacNeil		Opera Under the Stars		Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Ancients Behaving Badly		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Million Dollar Listing (N)		Bang, Buck	Genevieve	House Hunters	House Hunters	Holmes/Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		*Ladder 49* ★★ (2004, Drama)		
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Bringing Down the House* ★★ (2003, Comedy) Steve Martin.				Michael Vick	Tiny & Toya	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV) (N)		Fringe "Jacksonville" (N)		InnerSpace
	581	566	52	MTV	Canada's Next Top Model		Canada's Next Top Model		Buried	Life of Ryan	Teen Mom (N)		MTV Live
	618	524	54	TROP	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer		End of Leash	Bootcamp	Tube Tales
	603	561	56	FOOD	Ricardo	Exotic	Dinner: Impossible		Hell's Kitchen (N)		Good Eats	Good Eats	Restaurant
	261	394	60	V	Murder, She Wrote		Hallelujah!	When I Laugh	Quantum Leap (Part 1 of 3)		Unscripted	Crazy for Love	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
	526	507	249	VIVA	Cold Case		Missing "Delusional"		The Closer "Aftertaste"		Cold Case		Psychic Inv.
	300	601	301	M1	(5:35) *Amal*		(7:25) *Diminished Capacity* (2008)		*Milk* ★★★★ (2008, Biography) Sean Penn, Josh Brolin.				*Times-Harvey*
	305	612	306	PIX	*Bourne Identity*		(7:20) *Inferno* ★★ (1999, Suspense)		*Get Shorty* ★★★ (1995, Comedy) John Travolta.				*Hank Williams*
	520	146	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	License to Drill "Last Dash"		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Hollywood's Knocked Up		FashionTele	RAW	Canada's Next Top Model		Australia's Next Top Model		Pretty Wicked

critics'corner

Style by Jury
Meet Tammy, a single mother who's struggled with a bad marriage, substance abuse and other challenges. She's been clean for eight years now, but she still needs a lot of work on her look if she's going to make a good first impression. It's one of the biggest challenges yet for host Bruce Turner. 9:30 PM on W

The Biggest Loser
The contestants head to Colorado to train at an Olympic training facility, where they are welcomed by paralympic athlete Allison Jones and learn the game is going from teams to singles. Olympic skiers Julia Mancuso and Jeret "Speedy" Peterson help train the contestants. After a biathlon challenge, two more players are sent home. 8 PM on NBC CITY

The Good Wife
As Alicia defends a husband accused of murdering a baby sitter, she and her family prepare for the outcome of Peter's appeal and his potential homecoming in the new episode "Hi." 10 PM on GTV CBS

Brangelina sues British tabloid over divorce story

Jolie

PEOPLE A London law firm says Brad Pitt and Angelina Jolie are suing a British tabloid which reported that they were to split.

Keith Schillings, of Schillings lawyers, said in a statement yesterday that the celebrity couple had begun legal proceedings against the News of The World newspaper.

The newspaper reported Jan. 24 that Pitt and Jolie had agreed to divide their assets and made arrangements over the custody of their children.

Schillings, whose firm is representing the unmarried couple, said the report involved "false and intrusive allegations." He said the tabloid failed to meet a demand for a retraction and apology.

He also said Sorrell Trope, a divorce lawyer in Los Angeles, denied claims she had been in contact with the couple.

THE ASSOCIATED PRESS

That's probably because 80 per cent of you contains polyurethane
Eleven weeks after her spate of plastic surgery operations, Heidi Montag admits that the healing process isn't going so well. "I'm very fragile. I'm not in a great place right now," she tells People magazine. METRO WORLD NEWS

Celebrity Buzz

etalk's Lainey Lui dishes out celeb dirt in three's

Three Talk
with Lainey Lui

KRISTEN STEWART. Kristen Stewart is most famous for playing the mooning angsty lovesick girl in love with a vampire in The Twilight Saga. Her romance with co-star Robert Pattinson has become an obsession among Twi-Hards the world over.Stewart however is a Hollywood veteran with an impressive pre-Twilight resumé that includes films with Jodi Foster and Robert DeNiro. Here are three things you might not know about Kristen Stewart:

ONE Her favourite book is John Steinbeck's East of Eden. Her dream is to play Kate, a woman who abandons her children to run a brothel.

TWO Stewart and Joan Jett are very good friends. Jett has said herself that Stewart's portrayal of her in the upcoming biopic The Runaways is impressively uncanny.

THREE Stewart landed the role of Bella in Twilight on the recommendation of fellow actor Emile Hirsch with whom she worked in Sean Penn's adapation of Into the Wild.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.

Gaga 'saved' by aunt's spirit

ELECTRO-ANGEL Lady Gaga was saved from cocaine addiction by the spirit of her dead aunt, female-first.co.uk reports. The eccentric star has revealed her life spiralled into a world of heavy drug use in a bid to replicate the lifestyles of her musical idols.

The singer would lock herself in her bedroom and snort "bags and bags" of cocaine for songwriting inspiration when she was starting out, but realized she was jeopardizing her life when she recalled her aunt Joanne, who died at 19.

Gaga — real name Stefani Joanne Angelina Germanotta — said: "I thought I was going to die. I wanted to be the artists I loved, like Mick Jagger and Andy Warhol, and I thought the only way to do it was to live the lifestyle. My cocaine soundtrack was always The Cure. I would lock myself in my room and listen to Never Enough on repeat while I did bags and bags of cocaine.

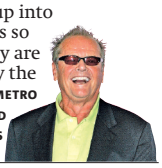
"But then I realized my father's sister Joanne … had instilled her spirit in me. She was a painter and a poet — and I had a spiritual vision I had to finish her business."

METRO NEWS SERVICES

Jack's got his burial plotted out

WHY STOP THERE, JACK? I HEAR THERE'S A VACANCY ON MT. RUSHMORE Jack Nicholson isn't planning on kicking the bucket anytime soon, but he's already thinking about what he wants to happen to his body once he does.

"I've had several ideas. Once I thought it would be nice to be buried under a large statue that is at least ten meters high," Nicholson tells Germany's Tele 5. "Then I liked the nature of the Indians who haul their bodies up into the trees so that they are eaten by the birds." METRO WORLD NEWS



Alba and Lohan BFFs?

THEIR CONVERSATIONS PROBABLY SOUND SOMETHING LIKE BEAKER AND BUNSEN FROM THE MUPPETS Just shy of her two-year anniversary, Jessica Alba is refuting rumours of a November kissing incident between her husband, Cash Warren, and Lindsay Lohan — and says she doesn't get as worked up about such tabloid "lies" as she used to, people.com reports.

"Lindsay's had to deal with this for so long," Alba, 28, tells the U.K. edition of Cosmopolitan for its March issue. "Everyone has to live their life, and that's what people forget when you're in this business — she's really nice. We hang out and chat for hours about girl stuff."

METRO NEWS SERVICES

'Lots of sex' in new Pattinson flick

AND I'M 100 PER CENT SURE THE PRODUCERS DIDN'T ASK HIM TO DISCUSS THIS AT ALL. NOPE. NOT EVEN ONCE. Robert Pattinson was nervous about his sex scenes with Uma Thurman in new movie Bel Ami, female-first.co.uk reports.

The Twilight actor gets hot and steamy with the screen beauty in the film but insists it was far from erotic because of the movie's plot.

"The sex scenes with Uma are kind of disturbing," he said. "Her character Madeleine kind of uses sex as a sort of weapon and my character thinks like an animal.

"There are a lot of sex scenes in this film, so I'm asking quite a lot of myself, and with lots of different people as well."

METRO WORLD NEWS

Kardashian reacts to Saints' Superbowl win

NOW WE CAN ADD FOOTBALL ANALYSIS TO HER IMPRESSIVE LIST OF NON-TALENTS It turned out to be one Super Sunday for Kim Kardashian and her Super Bowl-winning beau Reggie Bush, of the victorious New Orleans Saints, people.com reports.

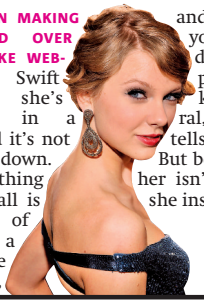
"I am so proud of Reggie and the Saints," an overjoyed Kardashian told People. "New Orleans deserves this — it's such a huge accomplishment."

Kardashian made the Miami trip a family affair, bringing along mom Kris Jenner and brother Robert. The Saints' stunning 31-17 win over the Indianapolis Colts was the perfect ending to a long road that Kardashian witnessed firsthand. "Reggie has waited his whole life for this moment. It came and they conquered."

METRO WORLD NEWS

Swift 'too tall' for most guys

SEE? SHE'S EVEN MAKING POOR EDWARD OVER THERE LOOK LIKE WEBSTER Taylor Swift knows what she's looking for in a boyfriend, and it's not having to look down.



"The bad thing about being tall is the majority of people are at a different eye level than you, and so you feel like you're looking down to talk to people, which is kind of unnatural," the 5'11" singer tells OK! Magazine. But being shorter than her isn't a deal-breaker, she insists.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

SEAN "DIDDY" COMBS is tired, **LINDSAY LOHAN** is debunking tabloid reports, and **AMANDA BYNES** is trying not to alienate anyone.

@iamdiddy I haven't slept in 78 hrs. I'm going sleep now

@lindsaylohan I've never asked for a jet. With a bed on board to go to vienna hahahahahahaha

@amandabynes oh dear. now certain people are mad that i said i like chocolate versus vanilla. Vanilla's cool! Don't trip! I'm just really into chocolate

METRO WORLD NEWS

The Weather Network
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Today Partly sunny -4°/ -8°
Wednesday Light snow 80% -5° / -8°
Thursday Flurries 40% -4°/ -9°

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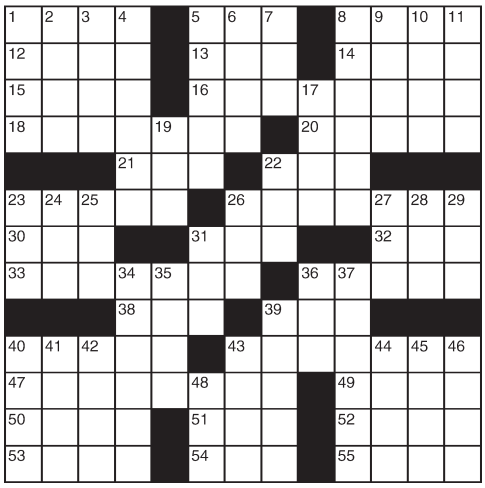
Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



ACROSS

1 Annoys
5 Possess
8 Engrossed
12 Minimal change
13 Actor McBride
14 Shrek is one
15 Bloodhound's clue
16 Rowing team's commander
18 Harmful
20 Contract's conditions
21 Christmas tree, often
22 Thesaurus wd.
23 Judge's prop
26 Steve Martin's take on the Cyrano story
30 Praise in verse
31 Whatever number
32 Scull tool
33 Blood poisoning
36 Fencing move
38 Disencumber
39 Corral
40 Polygon calculations
43 Bill Amend's comic strip
47 Sports-page summary
49 — -tat-tat
50 Actress Falco
51 Owns
52 "Do — others ..."
53 Reply to "Shall we?"
54 Pigs' digs
55 Hollywood clashers

DOWN

1 PC picture
2 Start over
3 Kentucky fort
4 Discord
5 Happen
6 "Knock, knock. — there?"
7 Put the kibosh on
8 Ivanhoe's love
9 Culture medium
10 Stiffly neat
11 Sawbucks
17 Charon's river
19 Lubricate
22 Sauce source
23 Obtained
24 Commotion
25 Irritate
26 Genetic messenger
27 Opposite of "oui"
28 Kvetch
29 Before
31 Help
34 Obliterates
35 Catchall abbr.
36 Superman foe Luthor
37 False
39 Sentimentalized writings
40 First victim
41 Took the bus
42 Egress
43 "Animal House" group
44 Pealed
45 Director Preminger
46 New Mexico art colony
48 Surprise cries

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		3					5	
8	4						7	2
		9	3			4	6	
6				4	5		8	
				2				
	3		1	9				7
	1	4			7	5		
9	5						2	1
	2					8		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

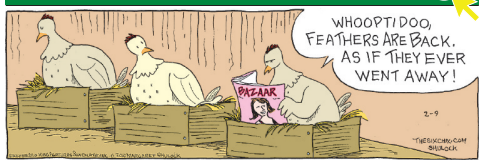
G	A	M	S	■	T	I	P	■
U	T	A	H	■	Y	M	A	■
R	O	S	Y	■	M	A	R	T
U	P	K	E	E	P	■	E	N
■	■	■	S	P	A	S	■	T
M	A	R	T	I	N	I	S	■
I	C	E	■	C	U	S	P	S
D	E	F	T	■	M	A	R	T
■	■	E	R	A	■	L	I	A
S	P	R	U	N	G	■	T	R
M	A	R	T	I	N	E	Z	■
O	P	A	H	■	A	V	E	■
G	A	L	S	■	W	A	R	■

A	B	L	E	■	■	■	■	■
S	E	A	L	■	■	■	■	■
A	R	T	I	A	N	S	■	■
N	T	R	E	E	■	■	■	■
T	I	S	■	■	■	■	■	■
S	K	E	W	■	■	■	■	■
S	■	I	K	E	■	■	■	■
A	R	T	I	N	E	T	■	■
■	L	I	A	R	■	■	■	■
T	R	O	P	I	C	■	■	■
N	A	S	A	■	■	■	■	■
A	V	E	■	I	T	L	L	■
W	A	R	■	C	H	E	F	■

4	7	5	9	3	1	2	8	6
2	3	8	6	7	5	4	1	9
1	6	9	4	8	2	3	7	5
3	8	2	1	5	4	6	9	7
9	1	7	3	6	8	5	2	4
5	4	6	7	2	9	8	3	1
8	9	1	5	4	3	7	6	2
6	5	3	2	1	7	9	4	8
7	2	4	8	9	6	1	5	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Mediterranean Burgers

INGREDIENTS:

1/2 lb (250 g) lean ground pork
1/2 lb (250 g) lean ground beef
2 cloves garlic, crushed
2 tbsp (25 ml) pine nuts, finely chopped
8 sun-dried tomatoes, chopped
2 tbsp (25 ml) fresh basil, chopped
Black pepper to taste
4 hamburger buns

GARNISH:

4 cherry tomatoes, thinly sliced
Salad greens of your choice

METHOD:

1. Mix ground pork and beef with garlic cloves, pine nuts, sun-dried tomatoes and basil. Season with black pepper. Divide mixture into four and shape into burgers.

2. Broil or barbecue 10-12 minutes or until golden brown, turning once. Put patties onto buns along with some greens and sliced tomatoes, then serve with salad.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You may be low on enthusiasm at the moment but that's okay because this is a time for calm consideration rather than swift action.

TAURUS ♉
APRIL 21-MAY 21
You may not be able to do as you please today but if it forces you to look for cheaper solutions it must be a good thing.

GEMINI ♊
MAY 22-JUNE 21
If one of your more cherished opinions is challenged today, make sure you defend it all the way.

CANCER ♋
JUNE 22-JULY 22
What you hear today may sound negative to begin with, but if you think about it a bit you will find yourself agreeing with much of it.

LEO ♌
JULY 23-AUG 23
Today's cosmic picture means you will be obliged to defend a point of view from an attack you feel is unjustified.

VIRGO ♍
AUG 24-SEPT 22
The one and only thing holding you back is fear, especially fear of the unknown. The way to overcome your fear is to force yourself to confront it.

LIBRA ♎
SEPT 23-OCT 23
You are who you are and there is no point trying to be someone different. Each sign has its good points and its bad points.

SCORPIO ♏
OCT 24-NOV 22
Think deeply about what it is you want from life. According to the planets you can gain subtle insights into what the future has in store.

SAGITTARIUS ♐
NOV 23-DEC 21
Don't travel too far from your home base today. You may want to be on the move but it won't be as easy as you think.

CAPRICORN ♑
DEC 22-JAN 20
You are always concerned about your security and the Sun in Aquarius in recent weeks has heightened the awareness.

AQUARIUS ♒
JAN 21-FEB 18
You know what is going to happen next. You have been through similar scenarios to this one many times in the past.

PISCES ♓
FEB 19-MARCH 20
There may be many explanations to what is going on in your world at the moment, but only one of them rings true.

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